ONTARIO LEISURE ACTIVITY PARTICIPATION SURVEY

SECONDARY ANALYSES

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ONTARIO LEISURE ACTIVITY PARTICIPATION SURVEY I: FACTORS AFFECTING SATISFACTION WITH LEISURE ACTIVITIES

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Introduction

The Ontario Research Council on Leisure commissioned a public survey of leisure activity patterns that was funded by the Ministry of Tourism and Recreation. Environics Research Group Limited surveyed 1024 people between 24 February and 2 March 1989 and 1000 people between 13 and 26 July 1989. To ensure that survey results would be representative of all residents of Ontario, the number of people questioned in each of six regions in the province was proportional to the population of the region. Thus, 25% of respondents were from the metro Toronto area; 12% from eastern Ontario; 13% from central east Ontario; 25% from central west Ontario; 15% from western Ontario and 10% from Northern Ontario. Then, within each region, respondents were selected in proportion to numbers of people living in each of five community size groups. Telephone numbers were selected randomly within regions and community sizes. Other survey techniques selected respondents within households in an attempt to make the sample representative of the age and gender of the population. Interviewers asked about the kinds of leisure activity in which people were engaged, where and with whom activities were pursued, general questions about people's satisfaction with the way leisure time was spent, what respondents felt was limiting to their pursuit of leisure activities and questions about their age, marital status, income, education and related matters.

In this report we discuss people's satisfaction with leisure activity and the relationship between satisfaction and income, gender, ethnic background and language, marital status, the kinds of activities pursued, and people's perceptions of circumstances that limited their pursuit of leisure activities. Other reports will look at participation in various kinds of leisure activity such as athletics, entertainment, reading, television, hobbies and socializing.

Satisfaction

Most respondents were quite satisfied with the way they spend their leisure time.

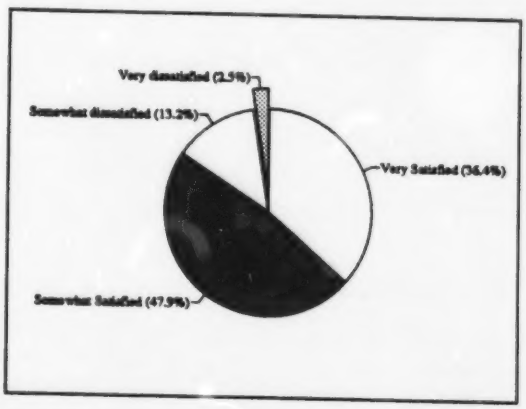

Figure 1. Satisfaction with the way leisure time is spent as a percentage of all respondents.

Overall, 84% of respondents were very or somewhat satisfied with the ways in which they spent their leisure time. However, not all groups were equally satisfied with they way leisure time was spent. The relationships between satisfaction and gender, marital

status, income education, ethnic background and language, and whether or not people had children was complex.

Income

People were very or somewhat satisfied with they way they spent leisure time regardless of income (Table 1). Eighty-three percent of those making less than $20k were very or somewhat satisfied and 82% of those making more than $75k were very or somewhat satisfied. Slightly more people in lower income groups were very satisfied with the way leisure time was spent than those in higher income groups.

Table 1. Percent of people in various income groups who were very or somewhat satisfied with the ways in which they spent their leisure time.

	Satisfied		
Income	Very	Somewhat	All
Less than $20k	39	44	83
$20 - 30k	35	49	84
$30 - 40k	38	48	86
$40 - 50k	30	54	84
$50 - 75k	31	53	84
More than $75k	33	49	82
All	35	49	84

Marital Status and Gender

All married men, married women without children, and all single men were very or somewhat satisfied with the ways in which leisure time was spent (86 to 88%). Eighty-four percent of single women without children, 80% of married women with children but only 72 % of single women with children were satisfied with the ways in which they spent leisure time.

After grouping respondents by gender, marital status and children, some groups showed interesting relationships between income and satisfaction. There was no relationship between income and satisfaction for all married people and single men without children. There was, however, a relationship between income and satisfaction for single parents and single women (Table 2).

Table 2. Percent of single persons who were very or somewhat satisfied with the ways in which they spent leisure time.

	Men		Women	
Children ⟶	Yes	No	Yes	No
Income				
Less than $30k	79	86	65	86
$30-50k	91	90	75	82
More than $50k	91	87	70	71

Single men and women in the lowest income group were the least satisfied with the ways in which leisure time was spent and satisfaction increased with increasing income. However, for single parents, men were generally more satisfied than women. The reverse occurred for single women without children; satisfaction decreased with increasing income. There was no relationship between income and satisfaction for single males without children.

Ethnic Background and Language

For the most part, a person's ethnic origin and language were not related to their satisfaction with the way in which leisure time was spent (Table 3). Sample sizes for most ethnic groups were rather small and inferences were not drawn for groups with small sample sizes because they would not be meaningful.

The few respondents of East Indian, West Indian and Oriental origin were less satisfied than average with the ways in which they spent leisure time. However, sample sizes were less than 35, and results cannot be used to represent entire groups because the margin of error is too large.

Table 3. Percent of respondents who were very or somewhat satisfied with the way in which they spent leisure time grouped by their ethnic origin and language spoken at home. Numbers of people in each group are shown in parentheses.

Ethnic Origin	Language	Percent Satisfied	
British	English	84	(1030)
French	English	79	(112)
French	French	88	(43)
All	English	84	(1836)
All	Not English	88	(164)
European[1]	All	86	(494)
All	All	84	(2000)

[1] Not including British or French.

Relationship Between Satisfaction and Activity

Not surprisingly, there was a clear relationship between doing activities as often as a person wanted and satisfaction with the ways in which they spent their leisure time. People were asked if they (1) exercised, (2) went to movies/plays/concerts, (3) did hobbies, (4) watched TV, listened to radio, and (5) socialized as much as they liked, a little less than they liked or a lot less than they liked.

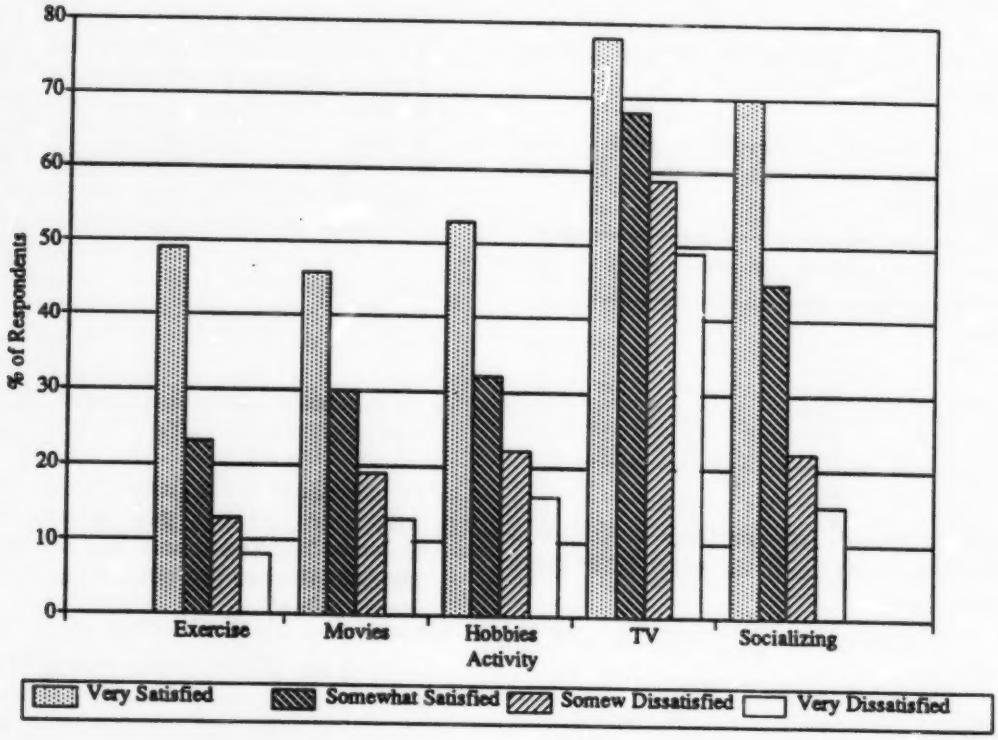

Figure 2. Percent of People in each satisfaction category who did as much as they wanted of the listed activities.

Figure 2 shows the percent of people in each satisfaction group who did each of the five activities as much as they liked. For all activity groups, more people who were very satisfied did things as much as they liked than people who were less satisfied with the ways in which they spent leisure time. The percentage of people who did things as much as they liked decreased with decreasing satisfaction level. Of the five groups of activities, only going to movies/plays/concerts as much as liked was related to income (Table 4). None were related to education.

As mentioned above, married and single women with children were the least satisfied with the way they spent leisure time. Fewer women with children exercised, went to movies/concerts/plays, did hobbies, watched TV or Socialized as often as they liked than did men with children or people without children (Table 5).

Table 4. Percent of people in each income bracket who did the listed activities as much as they liked.

Income	$<30k	$30-50K	>$50k
Activity			
Exercise	29	32	28
Movies	27	36	40
Hobbies	39	38	37
TV	68	69	73
Socializing	46	52	52

Table 5. Percent of men and women with children who did the listed activities as much as they liked.

	Children				
	Women		Men		No
Married/Single	M	S	M	S	Children
Exercise	22	25	30	38	34
Movies	24	25	40	72	35
Hobbies	30	35	30	73	43
TV	55	68	76	73	73
Socializing	41	38	45	71	55

The percent of respondents who felt that they exercised, did hobbies, and socialized as much as they liked was similar regardless of whether or not they spoke English as a first language.

More people who spoke English at home felt that they went to movies (34%) and watched television as often as they liked than did people who spoke other languages (24%). However, results of the survey showed that 34% of English speaking people and 30% of non-English speaking people attended movies.

The largest difference in perceptions about activity was in peoples' perception about television viewing. Seventy-two percent of people who spoke English at home felt that they watched television as much as they wanted, whereas only 56% of people who did not speak English at home felt that they watched television as much as they wanted. However, the statistics on television viewing produced by this survey show that people who did and did not speak English at home watched equal amounts of television. A composite television score, reflecting hours of television viewing on weekdays and weekends was computed. The score for both English speaking people and for non-English speaking people was 2.8.

Relationship between Satisfaction and Constraints to Leisure

People were asked what factors they felt constrained them in their pursuit of leisure activity. The constraints and the percent of respondents who felt constrained by each are shown below.

1. Lack of time and/or energy (66%).
2. Lack of companionship (31%).
3. Programs inconvenient to get to (29%).
4. There are not enough programs of interest (22%).
5. Facilities overcrowded/unavailable (31%).

6. Difficult to get information about programs of interest (22%).
7. Not enough activities for my age group (18%).
8. Not enough activities for my language or ethnic group (6%).
9. Costs too much to do things I like (49%).
10. Limited by health problems (17%).

Lack of time/energy and cost were the major constraints to the pursuit of leisure activity. People's perceptions about constraints to their pursuit of leisure activity were related to their satisfaction with the ways in which leisure time was spent. Fewer people who were very satisfied felt that they were constrained than those less satisfied with the ways in which they spent leisure time (Figure 3).

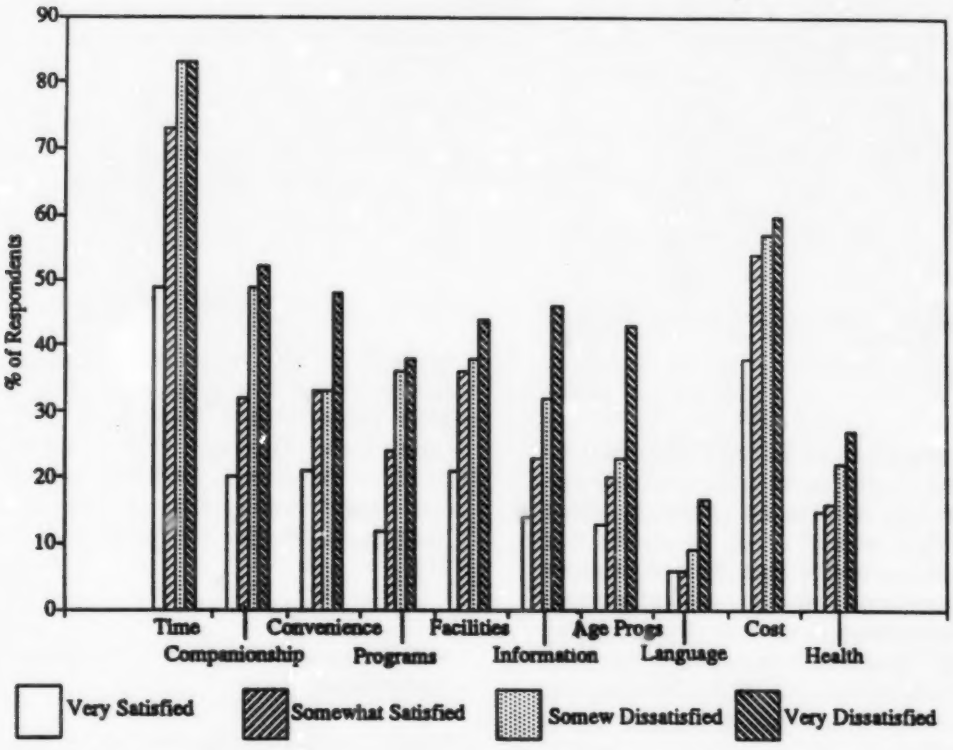

Figure 3. Percent of people in each satisfaction group who felt constrained by ten identified barriers.

Income

There were some clear relationships between constraints and income. Naturally, fewer people in higher income groups felt that they were constrained by the cost of leisure activities than did people in lower income groups. Fewer people with money felt constrained by lack of companionship, inconvenience of locations, and lack of programs or information than did people in lower income groups (Table 6).

Table 6. Percent of people in each income category who felt that they were constrained in their pursuit of leisure by the listed items.

Income	<$30k	$30-50k	>$50k
Time/Energy	65	68	71
Companionship	39	29	20
Inconvenient	39	23	21
No Programs	28	21	13
No Facilities	34	32	28
No Information	29	19	14
No Progs for Age	24	17	12
Language	10	5	3
Too Expensive	59	52	33
Bad Health	24	13	10

Gender

More women (8 to 10% more) than men felt constrained by lack of time/energy, companionship, and inconvenient locations. Slightly more women (4 to 6% more) than men felt constrained by cost, lack of programs for age groups and bad health. Equal numbers of women and men (1 to 2 % difference) felt that they were constrained by lack of programs of interest, facilities, information, and lack of programs for their language or ethnic group.

Marital Status and Children

More single parents and especially single women with children felt constrained by the listed items than did other people (Table 7).

More married women with children felt constrained by lack of time/energy than did other people; they also felt that they lacked companionship and facilities. Note that married and single women with children and single women without children felt equally constrained by lack of companionship.

Table 7. Percent of people in each marital, children and gender category who felt that they were constrained in their pursuit of leisure by the listed items.

Marital Status	Married				Single			
Children	None	None	Yes	Yes	None	None	Yes	Yes
Gender	Men	Women	Men	Women	Men	Women	Men	Women
Time/Energy	63	66	72	**78**	53	65	56	**68**
Companionship	20	32	19	**37**	31	**36**	29	**38**
Inconvenient	22	28	22	26	26	37	33	**46**
No Programs	19	20	20	20	21	24	**29**	**29**
No Facilities	27	28	30	**36**	30	33	**41**	29
No Information	20	21	16	20	23	24	**29**	**29**
No Progs for Age	15	21	13	18	17	20	**25**	**26**
Language	8	6	7	8	7	4	7	6
Too Expensive	42	42	47	51	47	51	**55**	**62**
Bad Health	17	**26**	14	15	12	23	16	7

Ethnic Background and Language

Attitudes about constraints to leisure were similar for most language and ethnic groups. More people who did not speak English at home found language (32%) and lack of programs of interest (30%) as barriers than did people who spoke English at home (language as barrier 4%; programs as barrier 21%).

Relationship Between Activity and Satisfaction

Table 8 shows activity profiles of those who were and who were not satisfied with the ways in which they spent their leisure time. More people who were satisfied did volunteer work, attended church, movies, spectator sports, museums, the symphony (plays musicals ballet), and adult education courses, and played baseball and hockey and skied than did people who were not satisfied.

In general, those who were satisfied with the way in which they spent leisure time did more activities than those who were not satisfied. As noted above, those who were not satisfied felt that they had more constraints to the pursuit of leisure activities than did those who were satisfied.

There was little difference in TV viewing, reading, relaxing and radio listening between the two groups.

Activities that topped the list in Table 8 were team sports or occurred in places where many people are present such as church, spectator sports, the symphony and classrooms.

Table 8. Activity profiles of those who were and who were not satisfied with the way they spent leisure time. The percent of people in each of two satisfaction categories who participated in each activity are shown. Also shown is the difference in participation levels between those who were and were not satisfied with the way that they spent leisure time.

	% Satisfied		
	Yes -	No =	Difference
Volunteer	36.2	23.4	12.8
Church	40.9	32.0	9.0
Movies	46.4	39.2	7.2
Spectator Sports	33.3	26.3	7.0
Baseball	11.8	5.7	6.1
Museums	37.7	31.6	6.1
Hockey	8.9	4.1	4.8
Symphony etc.	16.1	11.4	4.7
Adult Ed	34.0	29.7	4.2
Skiing	11.0	7.0	4.1
Camping	8.8	5.4	3.4
Hobbies	67.2	64.2	3.0
Golf	5.7	2.8	2.9
Football	2.7	0.0	2.7
Read	91.6	88.9	2.6
Basketball	3.2	0.6	2.6
Snowmobile	4.7	2.5	2.2
Fitness Walk	10.6	8.5	2.1
Swimming	13.6	11.7	1.9
Skating	4.6	2.8	1.8
Fitness Cycle	8.7	7.0	1.7
Hunting	2.3	0.6	1.7
Hiking	6.4	5.1	1.3
Jogging	6.3	5.1	1.2
Plays	30.3	29.1	1.2
Music etc.	33.1	32.0	1.1
Boating	7.4	6.3	1.1
Fishing	8.8	7.9	0.9
Squash	3.6	2.8	0.8
Snowshoe	1.2	0.6	0.6
Soccer	2.5	1.9	0.6
Curling	1.7	1.3	0.4
Tennis	5.7	5.4	0.3
Sailing	1.4	1.6	-0.2
Radio	89.5	90.2	-0.7
TV	86.2	87.0	-0.8
XC Ski	5.1	6.3	-1.2
Relax	55.5	57.6	-2.1
Leisure Cycle	6.6	9.2	-2.6
Shop	51.3	54.4	-3.2
Leisure Walk	30.8	34.5	-3.7
Aerobics	11.4	15.8	-4.4
Total Numbers	1693	316	

Table 8. Continued.

Activities at the bottom of the list tend to be solitary and include watching television, listening to radio, relaxing, shopping, and cross-country skiing.

Those who participated in some activities tended to be more satisfied with the ways in which they spent leisure time than participants in other activities. Table 9 shows the 15 activities with the highest percentage of participants who were very or somewhat satisfied with the way they spent leisure time. Note that team sports, hunting and golf top the list. Hunting and golf tend to be very social activities, as are volunteering and camping.

Table 10 shows the 15 activities with the highest percentage of participants who were very or somewhat dissatisfied with the way they spent leisure time. Again most are solitary endeavours.

Table 9. The 15 activities with the highest proportion of participants who were satisfied with the way they spent leisure time. The total number of participants in each activity is also shown.

	Percent Satisfied	Number of Participants
Football	100.0	46
Basketball	96.4	56
Hunting	95.1	41
Hockey	92.1	164
Baseball	91.7	218
Golf	91.5	106
Snowshoe	91.3	23
Snowmobile	90.9	88
Camping	89.8	166
Skating	89.7	87
Skiing	89.5	209
Volunteer	89.2	687
Symphony etc.	88.3	309
Curling	87.9	33
Soccer	87.5	48

Table 10. The 15 activities with the highest proportion of participants who were dissatisfied with the way they spent leisure time. The total number of participants in each activity is also shown.

	Percent Dissatisfied	Number of Participants
Aerobics	20.6	243
Leisure Cycle	20.6	141
XC Ski	18.9	106
Sailing	17.9	28
Leisure Walk	17.3	631
Shop	16.5	1040
Relax	16.2	1121
TV	15.9	1734
Radio	15.8	1800
Read	15.3	1831
Music etc.	15.3	661
Plays	15.2	605
hobbies	15.1	1341
Tennis	15.0	113
Fishing	14.4	174

Thus, satisfaction with leisure time may be somewhat related to activity, to getting out and doing things, especially with other people. This may explain the relative dissatisfaction experienced by women. They often cited lack of companionship as a constraint and thus would do activities alone or would not do them.

Summary

The results of the survey indicate that some low income single parents and some non-English speaking people are less satisfied than most with the ways in which they spend their leisure time and that dissatisfaction is related to cost, and lack of programs/facilities. For other groups, such as single women, lack of satisfaction may be related to perceptions about their lifestyles relative to those of others. For example, single women cite lack of companionship as a barrier more often than do men. However, being married is not a cure for lack of companionship. Married women also cited lack of companionship as a barrier to pursuit of leisure activities (Table 6).

An analysis of activity patterns of persons in different satisfaction categories showed that satisfaction with leisure time may be related to activity, to getting out and doing things, especially with other people.

ONTARIO LEISURE ACTIVITY PARTICIPATION SURVEY
II: RELAXATION AND ENTERTAINMENT ACTIVITIES

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Introduction

The Ontario Research Council on Leisure commissioned a public survey of leisure activity patterns that was funded by the Ministry of Tourism and Recreation. Environics Research Group Limited surveyed 1024 people between 24 February and 2 March 1989 and 1000 people between 13 and 26 July 1989. To ensure that survey results would be representative of all residents of Ontario, the number of people questioned in each of six regions in the province was proportional to the population of the region. Thus, 25% of respondents were from the metro Toronto area; 12% from eastern Ontario; 13% from central east ontario, 25% from central west Ontario; 15% from western Ontario and 10% from Northern Ontario. Furthermore, within each region, respondents were selected in proportion to the population of each of five community size groups. Telephone numbers were selected randomly within regions and community sizes. Other survey techniques selected the respondents within households in an attempt to make the sample representative of the age and gender of the population. Interviewers asked about the kinds of leisure activity in which people were engaged, where and with whom activities were pursued, general questions about people's satisfaction with the way leisure time was spent, what respondents felt was limiting to their pursuit of leisure activities and questions about their age, marital status, income, education and related matters.

Not all respondents answered all questions. In particular, 1718 of 2024 respondents answered questions about income. Most respondents answered questions about their gender and marital status. So, numbers of respondents shown on the various tables are different and some numbers may vary by small amounts.

In this report we discuss entertainment and relaxation activities in terms of gender, martial status, income and other factors. Other reports in this series discuss satisfaction with leisure activities and constraints to pursuit of leisure activities, and participation in various kinds of athletic and outdoor activities.

Leisure and Relaxation in Relation to Other Activities

Table 1 shows participation in all activities that were included in the survey. Entertainment and relaxation activities were the most popular. Reading, listening to radio, and watching television were by far the most popular activities with over 85 % of respondents participating in these. Hobbies, just plain relaxing, shopping and going to movies and concerts were the next most popular activities. More than 45 % of all respondents participated in each of these relaxation and entertainment types of activities. The next most popular group of activities required "active" participation and included volunteering, adult education and playing music. Cycling, skiing and baseball were the leading athletic pursuits in terms of time spent. Swimming was the most popular in terms of numbers of participants but, in terms of time spent was only the 17th most popular activity on the list of 42. Fishing and camping were the most popular outdoor activities and were enjoyed by fewer then 10% of respondents.

Table 1. Participation in 42 activities expressed as numbers participating and as a percentage of all respondents. The estimated average number of hours per six month period spent doing each activity by all respondents and only those participating in the activity are also shown. Activities are ranked by decreasing amount of time spent by all respondents. N/A means that time data were not collected. Time spent per activity was estimated using the assumptions listed in the Appendix.

	Participants		Hours/ 6 Months Averaged per	
	Percent	Numbers	All	Doer
Radio	88.9%	1796	427	481
Television	85.5%	1734	371	433
Reading	90.0%	1823	241	268
Relax	55.7%	1128	148	266
Leisure Walk	31.3%	633	101	327
Volunteer	34.3%	694	28	80
Church	39.6%	802	26	66
Shop	51.5%	1043	26	50
Leisure Cycling	7.0%	141	21	306
Movies/Pop Concerts	45.2%	914	20	45
Fishing	8.7%	176	20	233
Fitness Cycling	8.4%	170	19	228
Skiing	10.3%	209	18	183
Adult Education	33.3%	673	15	44
Baseball	10.8%	219	13	120
Hiking	6.1%	124	13	217
Fitness Walk	10.3%	208	13	131
Golf	5.2%	106	13	258
Hockey	8.1%	164	12	151
Aerobics	12.0%	243	12	97
Snowmobiling	4.3%	88	10	244
Camping	8.2%	166	9	119
Boating	7.2%	146	8	119
Swimming	13.3%	269	7	51
Tennis	5.6%	114	6	114
Jogging	6.0%	122	6	93
Basketball	2.8%	56	5	197
XC Ski	5.2%	106	5	94
Soccer	2.4%	48	4	164
Plays/Musicals	30.0%	607	3	11
Hunting	2.0%	41	3	168
Curling	1.6%	33	3	172
Skating	4.3%	88	2	57
Football	2.3%	47	2	80
Snowshoeing	1.1%	23	2	154
Symphony/Ballet	15.4%	312	2	10
Racquet Sports	3.5%	70	1	45
Sailing	1.4%	28	1	106
Spectator Sports	32.1%	649	N/A	N/A
Play Music	32.9%	666	N/A	N/A
Hobbies	66.5%	1346	N/A	N/A
Museums	36.6%	741	N/A	N/A
Total		2024		

The percentage of people doing an activity is only one measure of the relative popularity of an activity. The time people spend doing something is perhaps a more accurate number. Respondents were asked how much time they spent watching television, reading, listening to radio, shopping, doing church related activities and relaxing. Many other questions asked respondents to estimate the numbers of times per day, week or month they did specific activities. By making assumptions about how much time it takes to do activities, we estimated the time spent at various activities (Table 1). The assumptions are described in the Appendix to this report. Because of unavoidable errors in the estimation procedure, small differences among time estimates should be ignored.

The third column in Table 1 shows the total time spent on each activity over a 6-month period averaged over all participants. So, this time estimate shows the relative importance of activities to all respondents. The fourth column shows the average time devoted to each activity only be respondents who did each of the listed activities.

A summary of the average time spent by the average respondent is shown below. Hobbies, playing music and going to spectator sports were all very popular but time estimates were not made and they are thus not included.

	Hours per 6 Months
Sedentary Leisure (Reading, TV)	974
Active Leisure (Walking, Shopping)	165
Sports (Jogging, Team Sports, Tennis)	124
Active Entertainment (Movies, Plays)	73
Outdoor (Camping, Boating, Hiking)	67

Only half the time spent listening to radio is included above because most people listen to radio while doing other things (driving, walking, working, doing hobbies or homework).

It is evident that the sedentary activities are the most popular both in terms of participation and in terms of time spent doing them. In fact, the average respondent spent

about 1000 hours per 6 months doing sedentary leisure activities and about 240 hours doing active leisure activities such as shopping, walking and going to movies. Only about 9% of the 1,400 plus hours that the average respondent devoted to leisure was spent doing sports and fitness activities and 7% about on outdoor pursuits. The percentages for sports and outdoor activities would be lower if hobbies, playing music and spectator sports (active leisure) were included.

Sedentary Leisure Activities

Reading, listening to radio, watching television and relaxing were the most popular activities in terms of participation and time spent doing them. Equal numbers of people read and listened to radio. Note that the difference in the percentages between respondents who read and watched television was only 1%. Since the margin of error for a sample of 2024 people is 2%, these kinds of small differences can be ignored.

More hours were spent listening to radio than in watching television or reading and people spent more time watching television than reading. On average, respondents spent 2.3 hours per day listening to radio, 2 hrs watching television and 1.25 hours per day reading. In addition to these relaxation activities, about 56% percent of respondents relaxed and did nothing. The average time spent relaxing by all respondents was 0.8 hours.

There were some interesting relationships between education, income and time spent on these sedentary activities. People with low incomes and all those with low education levels spent the most time at these pursuits. However, university graduates with low incomes spent more time reading than anyone else. Respondents with high incomes and high levels of education spent the least amount of time watching television and relaxing and an average amount of time reading.

On average, people spent 1.5 hours watching television for every hour they spent reading. The ratio of television viewing/reading was consistent among income levels for each education category. A person's level of education determined how much more time they spent watching television than reading. The ratio declined with increasing education of respondents. Educated people spent more time reading relative to the amount of television that they watched.

Table 2. Estimated numbers of hours per day spent listening to radio, relaxing, reading and watching television and the ratio of time spent watching television/reading by income and education.

Education	No High School	High School	Comm. College	University	All
Radio					
< $30 k	2.3	2.7	2.5	2.5	2.5
$ 30-50 k	2.4	2.5	2.1	1.9	2.2
> $50 k	2.5	2.7	2.3	1.9	2.2
All Incomes	2.4	2.6	2.3	2.0	2.3
Relaxing					
< $30 k	1.0	1.1	0.9	0.8	1.0
$ 30-50 k	1.1	0.9	0.7	0.6	0.8
> $50 k	0.9	1.0	0.5	0.5	0.7
All Incomes	1.0	1.0	0.7	0.6	0.8
Television Education					
< $30 k	2.6	2.4	2.0	2.0	2.3
$ 30-50 k	2.1	2.2	1.7	1.5	1.9
> $50 k	2.4	1.9	1.7	1.4	1.7
All Incomes	2.5	2.2	1.8	1.5	2.0
Reading					
< $30 k	1.1	1.3	1.4	1.8	1.3
$ 30-50 k	1.0	1.2	1.2	1.4	1.2
> $50 k	1.1	1.1	1.3	1.2	1.2
All Incomes	1.1	1.2	1.3	1.4	1.3
Total TV, Relaxing, Reading (not incl. radio)					
< $30 k	4.8	4.8	4.3	4.5	4.6
$ 30-50 k	4.2	4.3	3.6	3.5	3.9
> $50 k	4.4	3.9	3.5	3.1	3.5
All Incomes	4.6	4.4	3.8	3.5	4.1
Television/Reading Ratio					
< $30 k	2.4	1.8	1.4	1.1	1.8
$ 30-50 k	2.1	1.8	1.4	1.1	1.6
> $50 k	2.2	1.7	1.3	1.2	1.4
All Incomes	2.3	1.8	1.4	1.1	1.5

Men and women spent equal amounts of time relaxing, reading and watching television, single people spent more time doing these things than married people and respondents without children spent more time doing these than those with children (Table 3). Single and married people with no children spent the greatest amount of time reading, watching television and relaxing. Single and married women with children spent the least amount of time doing these, but the differences in total relaxation time between men and women who were parents were insignificant. The television/reading ratio did not vary as much between genders, marital statuses and children as it did among education groups.

Table 3. Estimated average numbers of hours per day spent reading, watching television, listening to radio, relaxing and the ratio of TV viewing/reading by marital status, gender and whether or not people had children at home.

Marital	Children	Gender	TV	Reading	TV/Read Ratio	Radio	Relaxing	Total Hours TV, Relax Read	Number in Group
Married	No Children	Men	2.1	1.3	1.6	1.9	0.8	4.2	204
		Women	2.5	1.3	1.9	2.7	0.8	4.6	275
	Children	Men	1.9	1.0	1.9	1.8	0.8	3.7	279
		Women	1.7	1.2	1.4	2.4	0.6	3.5	350
Single	No Children	Men	2.0	1.2	1.7	2.3	1.1	4.3	326
		Women	2.2	1.3	1.7	2.6	0.9	4.4	348
	Children	Men	2.1	0.9	2.3	2.4	1.0	4.0	73
		Women	1.8	1.4	1.3	2.8	0.6	3.8	136
Married	All	All	2.0	1.2	1.7	2.2	0.7	3.9	1108
Single	All	All	2.0	1.3	1.5	2.5	0.9	4.2	883
All	Children	All	1.8	1.1	1.6	2.3	0.7	3.6	838
All	No Children	All	2.2	1.3	1.7	2.4	0.9	4.4	1153
All	All	Men	2.0	1.1	1.8	2.0	0.9	4.0	882
All	All	Women	2.1	1.3	1.6	2.6	0.7	4.1	1109
All People			2.0	1.2	1.7	2.4	0.8	4.0	1991

Entertainment, Religion and Self Improvement

As a group these active leisure activities were the second most popular. Participation in church and religious types of activities was independent of income and education (Table 4). However, participation in church activities was very age dependent. Only 30% of those aged 15 to 19 participated and participation increased steadily with increasing age to 63% for those aged 75 and over.

Interestingly, time spent shopping decreased with increasing income for all education levels except the lowest. Those with high incomes may not have been too concerned with finding a bargain and thus spent less time at it.

Attendance at movies and pop concerts was somewhat related to both income and education. Attendance increased with income only for those with low education levels, but was constant among income groups for those with high educations. This appears to be one instance where allocation of available funds

determined what kinds of activities would be done. Those with high levels of education and low incomes went to the movies, whereas those with low incomes and low levels of education chose to do something else.

Attendance at movies and pop concerts was strongly age dependent; about 80% of those under 20 participated and participation decreased with increasing age.

The attendance patterns for plays and musicals and classical concerts are interesting. People in the lowest education category rarely attended either. Theatre attendance increased with increasing income for high school graduates and was independent of income for those with higher education, but was higher for university graduates than college graduates.

Participation in volunteer groups increased with increasing education. Participation decreased with increasing income for those with low education levels and was consistent among income groups for those with high levels of education.

Participation in adult education types of activities increased with increasing education and was somewhat independent of income .

The amount of time that respondents spent going to church, the theatre and shopping were unrelated to gender, marital status, or whether or not people had children (Table 5).

Attendance at movies/pop concerts was higher among men than women and higher among single people than among married people. Attendance at classical concerts was higher among single women with no children and married people with no children than among other people.

Married respondents were more likely to participate in volunteer activities than were single people. Married women with children volunteered more frequently than did other respondents. Single men and married women with no children were the least likely to do volunteer work.

Table 4. Estimated time spent on various activities or number of times the activity was performed over a 6 month period according to the income and education of respondents.

Education	No High School	High School	Comm. College	Univer-sity	All
Religious Activities (hours/week)					
< $30 k	0.9	1.1	1.4	1.2	1.1
$ 30-50 k	1.2	0.8	1.2	1.2	1.1
> $50 k	0.7	0.7	0.8	0.9	0.8
All Incomes	1.0	0.9	1.2	1.0	1.0
Shopping (hours/week)					
< $30 k	1.1	0.9	1.0	1.0	1.0
$ 30-50 k	1.1	0.9	0.7	0.6	0.8
> $50 k	0.9	0.5	0.7	0.7	0.7
All Incomes	1.1	0.8	0.8	0.7	0.8
Number of Movies/Pop Concerts (per 6 mo)					
< $30 k	5.3	4.6	5.1	8.7	5.6
$ 30-50 k	5.9	5.9	5.9	7.5	6.3
> $50 k	10.4	7.0	6.6	9.8	8.6
All Incomes	6.2	5.5	5.8	8.8	6.7
Theatre/Plays/Musicals (per 6 mo)					
< $30 k	0.4	0.5	0.6	1.9	0.7
$ 30-50 k	0.3	0.7	0.7	2.0	1.0
> $50 k	0.6	1.1	0.8	2.7	1.7
All Incomes	0.4	0.7	0.7	2.3	1.1
Symphony/Classical Concerts (per 6 mo)					
< $30 k	0.0	0.2	0.3	1.0	0.3
$ 30-50 k	0.1	0.3	0.3	1.1	0.4
> $50 k	0.2	0.2	0.5	1.3	0.8
All Incomes	0.1	0.2	0.3	1.2	0.5
Volunteering Frequency (per 6 mo)					
< $30 k	7.5	9.3	16.0	9.8	10.3
$ 30-50 k	6.5	9.3	7.0	13.9	9.3
> $50 k	1.1	5.2	8.4	10.0	7.7
All Incomes	6.3	8.4	10.6	11.1	9.2
Number Adult Ed courses per 6 mo					
< $30 k	0.2	0.2	0.5	0.2	0.3
$ 30-50 k	0.1	0.2	0.4	0.5	0.3
> $50 k	0.1	0.2	0.4	0.4	0.3
All Incomes	0.2	0.2	0.4	0.4	0.3

Table 5. Estimated time spent on various activities or number of times the activity was performed over a 6 month period according to the gender, marital status and whether or not people had children.

	Church Hours/wk	Shopping Hours/wk	Movies #/6 mo	Theatre #/6 mo	Symphony #/6 mo	Volunteer #/6 mo	Adult Ed Courses/ 6 mo
Married							
Men - no children	1.2	0.7	5.7	1.2	0.5	12.3	0.2
Women - no children	1.1	0.9	3.2	1.0	0.5	6.4	0.3
Men - children	0.9	0.5	3.8	0.8	0.3	10.2	0.2
Women - children	1.1	0.7	3.0	1.0	0.3	14.7	0.4
Single							
Men - no children	0.8	0.9	11.9	0.8	0.4	4.4	0.2
Women - no children	1.2	1.2	8.4	1.6	0.8	8.7	0.3
Men - children	1.0	1.0	12.5	0.5	0.3	5.2	0.3
Women - children	0.7	1.4	8.9	0.9	0.4	9.9	0.5
All Married	1.1	0.7	3.7	1.0	0.4	11.1	0.3
All Single	1.0	1.1	10.1	1.1	0.5	7.0	0.3
Children	1.0	0.8	5.0	0.9	0.3	11.6	0.3
No Children	1.1	0.9	7.7	1.2	0.5	7.6	0.3
All Men	1.0	0.7	7.9	0.9	0.4	8.2	0.2
All Women	1.1	1.0	5.5	1.2	0.5	10.2	0.3
All People	1.0	0.9	6.6	1.0	0.5	9.3	0.3

Hobbies

About 67 % of respondents participated in hobbies and they were the fourth most popular activity. Sewing and gardening were the most popular hobbies (Table 6).

Table 6. Participation in hobbies expressed as a percentage of all respondents and numbers who participated.

Activity	Percent	Number
Sewing	20%	400
Gardening	11%	230
Drawing	9%	191
Crafts	8%	155
Music	8%	154
Home Improve.	6%	120
Woodwork	5%	98
Collecting	4%	90
Photography	4%	90
Writing	4%	75

Table 7. Participation in hobbies expressed as a percentage of people in each income group. For example 32 or 5% of the 671 respondents with household incomes of less than $30k collected.

Income	Less Than $30k	$30-50k	More Than $50k
Collecting	5(32)	5(27)	4(21)
Crafts	8(55)	7(42)	8(37)
Drawing	11(74)	8(43)	10(47)
Gardening	9(62)	13(71)	11(52)
Home Improv	5(32)	7(38)	7(35)
Photography	4(25)	4(23)	7(34)
Sewing	23(157)	17(97)	15(73)
Music	8(56)	7(37)	10(46)
Woodwork	4(27)	6(34)	6(27)
Writing	5(33)	4(21)	2(12)
All	100(671)	100(563)	100(484)

Participation in hobbies was not much related to income. There was a tendency for sewing to decrease with increasing income and for writing to increase with increasing income (Table 7).

Table 8. Participation in hobbies by men and women expressed as a percentage of total men and women who participated.

	Men		Women	
Collecting	3%	55	2%	35
Crafts	1%	14	6%	141
Drawing	4%	68	5%	123
Gardening	5%	89	6%	141
Home Improv	4%	79	2%	41
Photography	3%	57	1%	33
Sewing	0%	2	20%	398
Music	5%	87	3%	67
Woodwork	5%	86	1%	12
Writing	2%	30	2%	45
All Hobbies	32%	565	35%	781
All	100%	895	100%	1129

Differences in participation between genders were somewhat stronger than that among incomes. More women than men tended to do crafts and sew, whereas more men than women did home improvements, woodwork and photography. Overall, men and women participated in hobbies with the same frequency.

Leisure, Ethnic Background and Language

The amount of time spent reading, watching television, relaxing and listening to radio was consistent among ethnic groups (Table 9). The consistency among language and ethnic groups in the amount of time spent listening to radio and watching television was not surprising. All Canadians come from some kind of 'ethnic' background and many who do not speak English use television, movies, magazines and newspapers as one way of learning the language.

There was also little difference among language and ethnic groups in the amount of time people spent at church, or going to movies, and concerts (Table 10). People in the 'other' category (East Indian, West Indian, Chinese, Japanese and other) went to movies and pop concerts more frequently than other people regardless of whether or not they spoke English at home.

People other than those of French or English extraction spent less time doing volunteer activities than did people of English and French extraction.

Table 9. Estimated numbers of hours per day spent listening to radio, relaxing reading and watching television by ethnic origin and language.

	English	Non-English	All
Television			
English	2.0	2.5	2.0
French	2.3	2.1	2.2
European	1.9	1.6	1.9
Other	1.9	2.5	2.1
All	2.0	2.0	2.0
Reading			
English	1.3	0.6	1.3
French	1.3	1.4	1.3
European	1.2	1.1	1.2
Other	1.2	1.0	1.1
All	1.3	1.1	1.3
Radio			
English	2.4	3.2	2.4
French	2.5	1.9	2.4
European	2.4	2.2	2.4
Other	2.2	2.1	2.2
All	2.4	2.1	2.4
Relaxing			
English	0.8	1.1	0.8
French	0.8	0.6	0.8
European	0.8	0.5	0.8
Other	0.6	1.0	0.8
All	0.8	0.7	0.8

Respondents who did not speak English at home took adult education courses with the same frequency as those who spoke English. They did attend classical concerts somewhat more often than their English speaking counterparts.

Table 10. Estimated time spent on various activities or number of times the activity was performed over a 6 month period according to the income and education of respondents.

	English	Non-English	All
Adult Ed (courses per 6 mo)			
English	0.3	-	0.3
French	0.4	0.5	0.4
European	0.3	0.5	0.3
Other	0.4	0.3	0.4
All	0.3	0.4	0.3
Number of Movies/Pop Concerts (per 6 mo)			
English	6.3	-	6.3
French	5.3	6.6	5.7
European	6.9	4.2	6.6
Other	10.3	10.8	10.4
All	6.6	6.6	6.6
Symphony/Classical Concerts (per 6 mo)			
English	0.5	-	0.5
French	0.3	0.3	0.3
European	0.4	1.3	0.5
Other	0.5	0.4	0.5
All	0.4	0.7	0.5
Theatre/Plays/Musicals (per 6 mo)			
English	1.2	-	1.2
French	0.6	1.4	0.8
European	1.0	1.1	1.0
Other	0.7	0.6	0.7
All	1.1	1.1	1.1
Volunteer (Frequency per 6mo)			
English	11.3	-	11.3
French	12.5	8.4	11.3
European	5.8	4.1	5.6
Other	4.5	3.5	4.2
All	9.6	5.1	9.2
Shoping (hours/week)			
English	0.9	-	0.9
French	0.9	0.7	0.8
European	0.8	1.1	0.9
Other	1.0	1.4	1.1
All	0.9	1.0	0.9
Religious Activities (hours/week)			
English	1.1	-	1.1
French	0.9	0.9	0.9
European	1.0	0.8	1.0
Other	1.4	1.5	1.4
All	1.1	1.0	1.1

Relationship Between Relaxation and Entertainment and Constraints to Leisure Activities and Satisfaction

Table 11 shows the estimated numbers of hours per day that people spent reading, watching television and relaxing, and the time spent doing the total of the three grouped by whether or not people felt constrained in their pursuit of leisure activities by each of ten factors. Note that the constraints apply to all leisure activities and not to specific activities.

The maximum difference in total time spent relaxing by respondents who felt constrained by a given factor and time spent by those not constrained by that factor was 1.1 hours. Those who felt constrained by health spent 1.1 hours more on the three relaxation activities than those who were not constrained. Those who felt constrained by lack of companionship spent 0.6 hours more at them than those who were not constrained by lack of companionship. Likewise those who felt constrained by lack of programs of interest, specific programs for their age group, inconvenient locations and overcrowded facilities spent more time at the three sedentary activities than those who were not constrained.

Those who felt constrained by language and cost did the three activities as much as those who were not constrained. Only those who felt constrained by lack of time and energy spent less time on all three activities than people who were not constrained.

Most differences are rather small (about 0.5 hours). There is an error of 2% in the survey itself and the method of estimating time spent also introduces some error.

Differences in time spent doing the three sedentary activities among people who were very or somewhat satisfied with the ways in which they spent leisure time were very small. Those who were very dissatisfied with the ways in which they spent leisure time

spent 1.2 hours more doing the sedentary activities than those who were more satisfied.

Participation in some active leisure activities by respondents who felt constrained by various factors was consistent with their participation in sedentary activities. People who felt constrained by lack of companionship went to movies, the symphony, the theatre and volunteered less often that those not lacking companionship.

However, there are some inconsistencies in these data because constraints were not activity specific. For example, those complaining of overcrowded facilities proportionally went to movies more often and plays less often than those not constrained. Play tickets are reserved and, unlike movie theatres, lineups at plays and waiting time in crowds are minimal.

Table 11. Estimated average numbers of hours per day that all respondents spent watching television, reading, relaxing, and the total hours they spent doing all three according to whether or not people felt that that were constrained by each of the listed factors and by level of satisfaction that they felt with the way in which they spent their leisure time. In the table, not constrained refers only to the constraint listed immediately above it.

	Hours per Day				Total
	Television	Reading	Relaxing	Total	People
Constraints					
Time/Energy	1.9	1.2	0.8	3.9	1316
Not Constrained	2.1	1.3	0.9	4.4	674
Companionship	2.3	1.3	0.9	4.6	611
Not Constrained	1.9	1.2	0.8	3.8	1376
Inconvenient location	2.2	1.3	0.9	4.4	577
Not Constrained	1.9	1.2	0.8	3.9	1411
Programs of Interest	2.2	1.3	0.9	4.5	424
Not Constrained	1.9	1.2	0.8	4.0	1533
Facilities Overcrowded	2.1	1.3	0.9	4.3	602
Not Constrained	2.0	1.2	0.8	4.0	1333
No Information	2.1	1.2	1.0	4.3	431
Not Constrained	2.0	1.3	0.8	4.0	1550
No Activities for Age Group	2.3	1.2	1.0	4.5	365
Not Constrained	2.0	1.3	0.8	4.0	1600
Programs not in My Language	2.0	1.2	0.9	4.1	129
Not Constrained	2.0	1.3	0.8	4.1	1847
Too Expensive	2.1	1.3	0.8	4.2	962
Not Constrained	1.9	1.3	0.8	4.0	1023
Health Problem	2.5	1.4	1.1	5.0	335
Not Constrained	1.9	1.2	0.8	3.9	1657
Satisfaction					
Very Satisfied	2.0	1.4	0.7	4.1	720
Somewhat Satisfied	2.0	1.2	0.8	4.1	951
Somewhat Dissatisfied	2.0	1.2	0.8	4.0	260
Very Dissatisfied	2.5	1.3	1.4	5.2	51

Table 12. Estimated average time spent by all respondents on various activities or number of times the activity was performed over a 6 month period according to whether or not people felt that that were constrained by the listed factors and separately by level of satisfaction that they felt with the way in which they spent their leisure time.

	Church Hours/wk	Shopping Hours/wk	Movies #/6 mo	Theatre #/6 mo	Symphony #/6 mo	Volunteer #/6 mo	Adult Ed #/6 mo	Total People
Constraints								
Time/Energy	1.0	0.8	6.2	1.1	0.5	8.3	0.3	1329
Not Constrained	1.1	1.0	7.3	1.0	0.4	11.2	0.2	691
Companionship	1.0	1.0	5.5	0.6	0.3	7.3	0.3	617
Not Constrained	1.0	0.8	7.1	1.2	0.5	10.2	0.3	1400
Inconvenient location	1.0	1.1	6.7	0.8	0.4	8.3	0.3	586
Not Constrained	1.0	0.8	6.5	1.1	0.5	9.7	0.3	1432
Programs of Interest	0.9	1.0	6.8	0.6	0.3	6.9	0.3	429
Not Constrained	1.1	0.8	6.6	1.2	0.5	10.1	0.3	1556
Facilities Overcrowded	1.0	1.0	7.6	0.7	0.3	8.7	0.3	609
Not Constrained	1.1	0.8	6.3	1.2	0.5	9.6	0.3	1354
No Information	0.9	1.1	7.6	0.7	0.2	7.2	0.3	435
Not Constrained	1.1	0.8	6.3	1.2	0.5	9.9	0.3	1576
No Activities for Age	1.0	1.2	6.8	0.5	0.2	8.6	0.2	369
Not Constrained	1.0	0.8	6.6	1.2	0.5	9.6	0.3	1624
Programs not in Language	1.2	1.4	9.3	0.7	0.4	11.5	0.2	130
Not Constrained	1.0	0.8	6.4	1.1	0.5	9.2	0.3	1874
Too Expensive	1.0	0.9	7.0	0.8	0.3	8.8	0.3	978
Not Constrained	1.1	0.8	6.2	1.3	0.6	9.8	0.3	1037
Health Problem	1.2	0.9	3.1	0.7	0.3	9.8	0.2	343
Not Constrained	1.0	0.9	7.3	1.1	0.5	9.1	0.3	1678
Satisfaction								
Very Satisfied	1.2	0.8	7.1	1.2	0.5	13.5	0.3	733
Somewhat Satisfied	0.9	0.9	6.8	1.0	0.4	7.3	0.3	960
Somewhat Dissatisfied	0.9	1.0	4.6	0.9	0.3	5.1	0.3	264
Very Dissatisfied	1.0	1.3	6.0	0.7	0.5	4.7	0.1	52

There appeared to be some relationship between satisfaction with the way in which leisure time is spent and going to movies, the theatre, volunteering and attending courses. Those who were least satisfied did these things less often than those who were more satisfied.

Summary and Conclusions

It is interesting to note that single parents, both male and female, do the sedentary leisure activities, including relaxing, and the active ones at about the same level of intensity as their married counterparts. The first report in this series showed that single parents, especially single women, and married women with children felt that they had more constraints to their pursuit of leisure activity than did other people. For the activities described in this report, this may be a perception rather than a reality. Single and married people with children spend about the same amount of time relaxing, watching TV and reading. The key factor here is whether

not people have children and not their marital status.

On the other hand, single people, regardless of whether or not they have children, spend more time shopping and going to movies and pop concerts than do married people. The key factor in this latter case is whether or not people are married. People with children go to classical concerts less frequently than do people without children; there is little difference in classical concert attendance between married and single parents. Single males volunteer with the same frequency regardless of whether or not they have children as do single women, but single women volunteer more often than single men.

Income/education differences in these relaxation types of activities are larger than gender/martial status differences. Many of the income/education related differences may be related to lifestyle or 'cultural' differences among people. For example, note the following

1. The television/reading ratio in Table 2.

2. Attendance at classical concerts is similar for all education levels regardless of income.

3. Respondents with low incomes and high levels of education go to movies/pop concerts as frequently as those with high incomes, and more frequently than do those with low incomes and low levels of education.

These kinds of differences may be related to allocation of disposable income and setting priorities for leisure time based on socio-educational status.

There is little difference in participation rates in these kinds of activities among people of differing language and ethnic backgrounds.

Appendix: Calculation of Time Spent on Activities

Respondents were asked how much time they spent reading, relaxing, listening to radio and watching television on weekdays and weekends. Responses were in the form of the time categories shown in Table A1. The centre point of each time category was used to estimate total time. Less than 0.5 hours was assumed to be 0.25 hours. More than 5 hours was assumed to be 6.5 hours.

The responses for church and shopping were in hours per week categories. Time spent on these was estimated as above. For movies and volunteering, responses were in the following categories, daily, weekly, 2-3 times/month, monthly or once per 6 months. For symphony and plays responses were coded as number of times per 6 months. Each of these activities was estimated to take 3 hours per event. Courses were recorded as number of courses per 6 months; we estimated that the average course lasted 3 months with 1.5 classes per week at 2.5 hours per class.

Table A1. Percent of respondents who listened to radio, watched television and read for the indicated number of hours per day.

	Hours per Day					
	Less Than 1/2	1/2-1	1-2	3-5	More Than 5	None
Radio						
Weekday	8.2	18.8	28.6	16.2	16.3	11.8
Weekend Day	9.2	13.5	24.7	20.4	18.0	14.2
TV						
Weekday	4.7	13.2	38.6	23.8	5.0	14.7
Weekend Day	6.1	10.8	27.6	28.3	8.0	19.2
Reading						
Weekday	11.4	33.2	35.6	7.7	1.5	10.6
Weekend Day	13.6	24.1	32.1	12.9	2.1	15.3

Time spent on sports and outdoor activities was coded as daily, 1-2 times per week, 2-3 per month, 1-2 times/month, or 1-2 times per 6 months. The number of times was estimated

as the mid point of each category. We then made estimates about the duration of each activity based on experience; eg. 1 hour for aerobics, 45 min for jogging, 5 hours for golf, 6 hours for sailing etc.

ONTARIO LEISURE ACTIVITY PARTICIPATION SURVEY
III: SPORTS, FITNESS AND OUTDOOR ACTIVITIES

by

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Introduction

The Ontario Research Council on Leisure commissioned a public survey of leisure activity patterns in Ontario that was funded by the Ministry of Tourism and Recreation. Environics Research Group Limited surveyed 1024 people between 24 February and 2 March 1989 and 1000 people between 13 and 26 July 1989. To ensure that survey results would be representative of all residents of Ontario, the number of people questioned in each of six regions in the province was proportional to the population of the region. Thus, 25% of respondents were from the metro Toronto area; 12% from eastern Ontario; 13% from central east ontario, 25% from central west Ontario; 15% from western Ontario and 10% from Northern Ontario. Furthermore, within each region, respondents were selected in proportion to the population of each of five community size groups. Telephone numbers were selected randomly within regions and community sizes. Other survey techniques selected respondents within households in an attempt to make the sample representative of the age and gender of the population. Interviewers asked about the kinds of leisure activity in which people were engaged, where and with whom activities were pursued, general questions about people's satisfaction with the way leisure time was spent, what respondents felt was limiting to their pursuit of leisure activities and questions about their age, marital status, income, education and related matters.

Not all respondents answered all questions. In particular, 1718 of 2024 respondents answered questions about income. Most respondents answered questions about their gender and marital status. So, numbers of respondents shown on the various tables are different and some numbers may vary by small amounts.

In this report we discuss sports, fitness and outdoor activities in terms of gender, martial status, income and other factors. Other reports in this series discuss satisfaction with leisure activities and constraints to the pursuit of leisure activities, and participation in various kinds of leisure activities.

Sports, Fitness and Outdoor Activities in Relation to Other Activities

Table 1 shows participation in all activities that were included in the survey. Sports, fitness and outdoor activities were not the most popular activities.

The percentage of people doing an activity is only one measure of the relative popularity of an activity. The time people spend doing something or the number of times they do it are perhaps more accurate indicators. Respondents were asked how much time they spent watching television, reading, listening to radio, shopping, doing church related activities and relaxing. Many other questions asked respondents to estimate the numbers of times per day, week or month they did specific activities. By making assumptions about how much time it takes to do activities, we estimated the

time spent at various activities (Table 1). These assumptions are described in the Appendix to the second report in this series.

Table 1. Participation in 42 activities expressed as numbers participating and as a percentage of all respondents. The estimated average number of hours per six month period spent doing each activity by all respondents and only those participating in the activity are also shown. Activities are ranked by decreasing amount of time spent by all respondents. N/A means that time data were not collected. Time spent per activity was estimated using the assumptions listed in the Appendix.

	Participants		Hours/ 6 Months Averaged per	
	Percent	Numbers	All	Doer
Radio	88.9%	1796	427	481
Television	85.5%	1734	371	433
Reading	90.0%	1823	241	268
Relax	55.7%	1128	148	266
Leisure Walk	31.3%	633	101	327
Volunteer	34.3%	694	28	80
Church	39.6%	802	26	66
Shop	51.5%	1043	26	50
Leisure Cycling	7.0%	141	21	306
Movies	45.2%	914	20	45
Fishing	8.7%	176	20	233
Fitness Cycling	8.4%	170	19	228
Skiing	10.3%	209	18	183
Adult Ed	33.3%	673	15	44
Baseball	10.8%	219	13	128
Hiking	6.1%	124	13	217
Fitness Walk	10.3%	208	13	131
Golf	5.2%	106	13	258
Hockey	8.1%	164	12	151
Aerobics	12.0%	243	12	97
Snowmobiling	4.3%	88	10	244
Camping	8.2%	166	9	119
Boating	7.2%	146	8	119
Swimming	13.3%	269	7	51
Tennis	5.6%	114	6	114
Jogging	6.0%	122	6	93
Basketball	2.8%	56	5	197
XC Ski	5.2%	106	5	94
Soccer	2.4%	48	4	164
Plays	30.0%	607	3	11
Hunting	2.0%	41	3	168
Curling	1.6%	33	3	172
Skating	4.3%	88	2	57
Football	2.3%	47	2	80
Snowshoeing	1.1%	23	2	154
Symphony etc.	15.4%	312	2	10
Racquet Sports	3.5%	70	1	45
Sailing	1.4%	28	1	106
Spectator Sports	32.1%	649	N/A	N/A
Play Music	32.9%	666	N/A	N/A
Hobbies	66.5%	1346	N/A	N/A
Museums	36.6%	741	N/A	N/A
Total		2024		

Sedentary activities were at the top of the list both in terms of participants and time spent on them. Swimming, aerobics and baseball were the leading athletic pursuits. Swimming was the most popular, but was only the 17th most popular activity of the list of 42 and only 13% of respondents participated. Leisure walking is not ordinarily considered as an athletic activity. However, leisure walking was the only activity that some people did and it was the 5th most popular of all activities, so it is considered in the discussions that follow.

The third column in Table 1 shows the total time spent on each activity over a 6-month period averaged over all participants. This time estimate shows the relative importance of activities to all respondents. The fourth column shows the average time devoted to each activity only by respondents who did each of the listed activities. A summary of the average time spent by the average respondent on groups of activities is shown below. Hobbies, playing music and going to spectator sports were all very popular but time estimates could not be made and so they are not included.

	Hours per 6 Months
Sedentary Leisure (Reading, TV)	974
Active Leisure (Walking, Shopping)	165
Sports (Jogging, Team Sports)	124
Active Entertainment (Movies)	73
Outdoor (Camping, Boating, Hiking)	67

Sports and fitness activities occupied only 9% of the average respondent's leisure time. Outdoor activities occupied only 5% of the average respondent's leisure time.

Participation in Sports and Fitness Activities

Participation in and time spent on most sporting and fitness activities was strongly dependent on the respondent's education (Table 2). Participation in all of the fitness activities such as swimming, aerobics, cycling, walking and jogging and high intensity sports such as tennis and racquet sports increased with increasing education levels. Participation in basketball, football, soccer and bowling decreased with increasing education levels. Participation in baseball, golf, weight training and hockey were independent of education.

The relationship between participation and income category of the respondent was not a simple one; in some cases it depended in the participant's education level. For example, participation in jogging, walking, and cycling increased substantially with increasing income for respondents with low levels of education, but much less so for those with high levels of education.

There are several interesting aspects of participation in sports by gender, marital status and whether or not people have children (Table 3). They are:

1. The high proportion of men who do aerobic exercises; aerobics are often portrayed as a women's sport.

2. The high proportion of women who lift weights; weightlifting was, until recently, portrayed as a male activity.

Table 2. Number of times per 6 month period that the average respondent performed each of the listed sports and fitness activities (averaged over all respondents). The percentages of respondents who actually did any of the listed sports are shown in parentheses.

	Less Than High School	High School	College	University	All Educations
Aerobics (Times/6 mo)					
< $30 k	5.0 (5)	8.6 (9)	7.4 (10)	11.0 (13)	7.5 (8)
$ 30-50 k	6.5 (6)	15.9 (14)	10.3 (13)	15.1 (14)	12.4 (13)
> $50 k	7.4 (7)	12.0 (10)	10.7 (12)	21.9 (23)	15.6 (16)
All Incomes	5.8 (6)	12.0 (11)	9.3 (12)	17.3 (18)	11.4 (12)
Fitness Cycling (Times/6 mo)					
< $30 k	0.6 (2)	3.3 (5)	4.8 (7)	5.5 (10)	3.1 (5)
$ 30-50 k	5.1 (6)	7.2 (8)	9.6 (15)	12.2 (13)	8.8 (11)
> $50 k	4.0 (5)	8.0 (10)	8.8 (10)	9.3 (15)	8.3 (12)
All Incomes	2.3 (3)	5.7 (7)	7.7 (11)	9.3 (13)	6.4 (9)
Jogging (Times/6 mo)					
< $30 k	1.4 (2)	1.2 (1)	5.6 (5)	6.6 (9)	3.2 (4)
$ 30-50 k	2.3 (3)	3.2 (4)	5.3 (4)	9.0 (8)	5.1 (5)
> $50 k	14.8 (14)	1.7 (6)	5.1 (11)	11.1 (13)	8.4 (11)
All Incomes	3.7 (4)	2.0 (3)	5.4 (7)	9.5 (11)	5.3 (6)
Skating (Times/6 mo)					
< $30 k	0.3 (2)	1.4 (2)	0.7 (3)	2.3 (8)	1.0 (3)
$ 30-50 k	0.9 (5)	0.4 (4)	2.3 (8)	1.0 (5)	1.2 (6)
> $50 k	0.9 (3)	2.2 (8)	0.3 (2)	1.3 (6)	1.2 (5)
All Incomes	0.6 (3)	1.2 (4)	1.2 (5)	1.4 (6)	1.1 (4)
Ski (Times/6 mo)					
< $30 k	0.5 (1)	1.5 (3)	1.1 (6)	2.1 (13)	1.2 (5)
$ 30-50 k	2.5 (5)	1.9 (8)	5.2 (15)	3.2 (15)	3.3 (11)
> $50 k	7.2 (12)	6.4 (16)	1.9 (11)	6.9 (23)	5.6 (18)
All Incomes	2.1 (4)	2.7 (7)	2.8 (11)	4.7 (18)	3.1 (10)
Racquet (Times/6 mo)					
< $30 k	0.0 (0)	0.0 (0)	1.7 (3)	3.2 (7)	0.9 (2)
$ 30-50 k	0.0 (0)	0.3 (3)	0.8 (3)	3.2 (9)	1.1 (4)
> $50 k	0.7 (2)	5.0 (5)	1.8 (3)	3.4 (8)	3.0 (5)
All Incomes	0.1 (0)	1.1 (2)	1.4 (3)	3.3 (8)	1.6 (3)
Swimming (Times/6 mo)					
< $30 k	2.4 (5)	1.9 (6)	5.0 (10)	7.0 (21)	3.6 (9)
$ 30-50 k	5.0 (8)	4.2 (13)	8.0 (15)	9.6 (23)	6.8 (15)
> $50 k	19.7 (19)	7.1 (16)	10.0 (15)	10.1 (20)	10.7 (18)
All Incomes	5.7 (8)	3.8 (10)	7.5 (13)	9.2 (21)	6.6 (13)
Tennis (Times/6 mo)					
< $30 k	0.4 (1)	0.5 (3)	1.6 (3)	1.6 (10)	0.9 (4)
$ 30-50 k	2.7 (5)	0.1 (1)	1.3 (5)	1.9 (9)	1.4 (5)
> $50 k	1.8 (7)	0.7 (5)	3.7 (5)	7.3 (13)	4.6 (9)
All Incomes	1.2 (3)	0.4 (3)	2.1 (4)	4.4 (11)	2.1 (6)
Fitness Walking (Times/6 mo)					
< $30 k	7.2 (5)	12.6 (9)	16.2 (11)	19.7 (15)	12.8 (9)
$ 30-50 k	9.4 (7)	16.1 (13)	13.1 (8)	19.8 (15)	15.0 (11)
> $50 k	13.7 (14)	17.7 (13)	12.8 (11)	9.2 (10)	12.1 (11)
All Incomes	8.8 (7)	15.0 (11)	14.1 (10)	14.8 (13)	13.3 (10)

Table 2. Continued.

	Less Than High School	High School	College	University	All Educations
Weights (Times/6 mo)					
< $30 k	4.2 (3)	2.5 (3)	9.6 (8)	10.2 (10)	5.9 (5)
$ 30-50 k	7.9 (6)	6.3 (6)	4.4 (4)	4.9 (6)	5.7 (5)
> $50 k	9.2 (5)	8.4 (6)	7.5 (7)	5.0 (5)	6.7 (5)
All Incomes	6.0 (4)	5.1 (4)	7.1 (7)	6.2 (6)	6.1 (5)
Hockey (Times/6 mo)					
< $30 k	3.0 (3)	3.5 (8)	2.9 (6)	1.3 (5)	2.8 (5)
$ 30-50 k	7.3 (9)	4.3 (12)	2.7 (7)	3.9 (8)	4.3 (9)
> $50 k	8.1 (8)	6.8 (16)	4.8 (12)	3.6 (8)	5.0 (11)
All Incomes	4.9 (6)	4.5 (11)	3.3 (8)	3.1 (7)	3.9 (8)
Baseball (Times/6 mo)					
< $30 k	3.1 (5)	4.5 (10)	2.7 (6)	4.2 (8)	3.6 (7)
$ 30-50 k	4.9 (16)	5.3 (16)	5.0 (12)	4.7 (13)	5.0 (14)
> $50 k	5.2 (8)	11.6 (15)	5.8 (15)	2.4 (10)	5.2 (12)
All Incomes	3.9 (9)	6.2 (13)	4.4 (11)	3.5 (11)	4.5 (11)
Basketball (Times/6 mo)					
< $30 k	2.8 (2)	1.2 (1)	1.0 (3)	2.6 (5)	1.9 (2)
$ 30-50 k	4.1 (5)	0.1 (1)	1.5 (2)	3.2 (6)	2.0 (3)
> $50 k	7.7 (8)	1.3 (3)	0.3 (1)	0.8 (3)	1.6 (3)
All Incomes	3.9 (4)	0.8 (1)	1.0 (2)	1.9 (4)	1.9 (3)
Football (Times/6 mo)					
< $30 k	0.4 (2)	0.8 (2)	1.0 (3)	0.7 (3)	0.7 (2)
$ 30-50 k	0.5 (2)	0.1 (2)	0.2 (1)	0.1 (1)	0.2 (2)
> $50 k	4.6 (7)	0.3 (2)	0.5 (3)	0.5 (2)	0.9 (3)
All Incomes	1.1 (3)	0.5 (2)	0.6 (3)	0.4 (2)	0.6 (2)
Soccer (Times/6 mo)					
< $30 k	0.2 (0)	1.1 (4)	0.8 (2)	0.7 (3)	0.7 (2)
$ 30-50 k	9.7 (7)	1.1 (4)	0.4 (2)	1.9 (3)	2.6 (4)
> $50 k	1.1 (5)	0.4 (1)	0.0 (0)	0.9 (1)	0.6 (1)
All Incomes	2.8 (3)	1.0 (3)	0.4 (1)	1.2 (2)	1.3 (2)
Bowling (Times/6 mo)					
< $30 k	1.7 (5)	0.8 (2)	0.8 (2)	1.1 (4)	1.1 (3)
$ 30-50 k	0.5 (2)	2.2 (4)	0.5 (3)	0.3 (2)	1.0 (3)
> $50 k	0.0 (0)	2.2 (6)	0.7 (2)	0.2 (1)	0.6 (2)
All Incomes	1.1 (3)	1.6 (3)	0.6 (2)	0.4 (2)	0.9 (3)
Curling (Times/6 mo)					
< $30 k	0.2 (0)	1.0 (1)	0.0 (0)	0.4 (1)	0.4 (0)
$ 30-50 k	0.0 (0)	1.9 (3)	0.2 (1)	0.5 (1)	0.7 (1)
> $50 k	0.0 (0)	0.9 (2)	2.5 (4)	2.3 (5)	1.8 (4)
All Incomes	0.1 (0)	1.3 (2)	0.8 (1)	1.3 (3)	0.9 (2)
Golf (Times/6 mo)					
< $30 k	3.0 (3)	0.2 (1)	0.7 (3)	0.4 (2)	1.3 (2)
$ 30-50 k	2.0 (4)	1.9 (6)	2.4 (8)	4.5 (11)	2.7 (7)
> $50 k	3.9 (5)	3.4 (5)	4.2 (8)	4.4 (9)	4.1 (7)
All Incomes	2.9 (3)	1.5 (3)	2.3 (6)	3.5 (8)	2.5 (5)

Table 3. Number of times per 6 month period that the average respondent performed each of the listed activities (averaged over all respondents) by the gender and marital status of respondents and whether or not they had children. The percentages of respondents who actually did any of the listed sports are shown in parentheses.

	Aerobics		Cycling		Jogging		Skating		Ski		Racquet		Swimming		Tennis		Walk		Weights	
	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)
Married																				
Men - no children	4.6	(5)	0.4	(1)	3.1	(3)	0.6	(2)	1.7	(9)	0.9	(4)	4.6	(10)	2.2	(8)	8.9	(7)	6.1	(5)
Women - no children	9.9	(14)	4.2	(6)	1.7	(3)	2.0	(5)	3.6	(9)	0.9	(1)	5.1	(10)	0.4	(2)	22.3	(14)	3.0	(3)
Men - children	6.4	(5)	5.9	(9)	7.5	(8)	0.7	(4)	1.9	(9)	1.2	(2)	4.9	(11)	0.7	(3)	4.1	(6)	5.0	(4)
Women - children	15.8	(18)	7.8	(9)	1.9	(2)	2.1	(7)	5.0	(12)	1.1	(3)	9.2	(17)	1.5	(2)	22.5	(16)	1.4	(1)
Single																				
Men - no children	6.4	(7)	8.9	(12)	7.8	(9)	0.8	(4)	2.8	(11)	3.5	(7)	4.9	(10)	2.7	(7)	6.4	(6)	13.0	(10)
Women - no children	19.4	(19)	6.4	(9)	6.5	(7)	1.3	(4)	2.3	(9)	0.8	(3)	7.7	(15)	3.3	(6)	13.0	(10)	5.7	(5)
Men - children	5.1	(4)	5.8	(11)	15.0	(14)	0.0	(0)	6.9	(15)	3.5	(7)	8.2	(15)	2.7	(10)	8.5	(7)	20.3	(12)
Women - children	20.8	(17)	8.7	(10)	9.4	(10)	1.2	(5)	1.3	(7)	0.3	(1)	11.0	(18)	3.1	(11)	14.7	(11)	1.8	(3)
All Married	9.9	(11)	5.1	(7)	3.5	(4)	1.4	(5)	3.3	(10)	1.0	(3)	6.2	(12)	1.2	(4)	15.3	(11)	3.6	(3)
All Single	13.6	(13)	7.6	(10)	8.1	(9)	1.0	(4)	2.7	(10)	2.0	(4)	7.2	(14)	3.0	(7)	10.5	(8)	9.0	(7)
Children	12.5	(12)	7.1	(9)	6.1	(6)	1.3	(5)	3.5	(10)	1.2	(3)	8.0	(15)	1.6	(5)	13.9	(11)	4.3	(4)
No Children	10.9	(12)	5.5	(8)	5.1	(6)	1.2	(4)	2.6	(10)	1.6	(4)	5.7	(12)	2.3	(6)	12.6	(9)	7.2	(6)
All Men	5.9	(6)	5.7	(9)	7.2	(7)	0.7	(3)	2.6	(10)	2.2	(5)	5.1	(11)	1.9	(6)	6.4	(6)	9.5	(7)
All Women	16.1	(17)	6.6	(8)	4.2	(5)	1.7	(5)	3.4	(10)	0.9	(2)	7.9	(15)	2.0	(4)	18.5	(13)	3.2	(3)
All People	11.6	(12)	6.2	(8)	5.5	(6)	1.2	(4)	3.0	(10)	1.5	(3)	6.7	(13)	2.0	(5)	13.2	(10)	6.0	(5)

	Hockey		Baseball		Basketball		Football		Soccer		Bowling		Curling		Dance		Golf	
	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)	Freq	(%)
Married																		
Men - no children	3.1	(8)	4.2	(8)	1.0	(3)	0.2	(0)	0.4	(1)	0.5	(1)	2.2	(2)	0.2	(0)	3.1	(7)
Women - no children	0.0	(0)	0.5	(2)	0.1	(0)	0.0	(0)	0.0	(0)	1.7	(5)	0.3	(1)	0.0	(0)	1.5	(3)
Men - children	9.4	(18)	7.5	(18)	1.2	(2)	0.7	(4)	2.1	(4)	1.9	(4)	1.2	(4)	0.1	(1)	4.7	(13)
Women - children	0.6	(2)	2.0	(7)	0.1	(1)	0.0	(0)	0.1	(1)	1.0	(4)	2.1	(2)	0.3	(1)	1.5	(2)
Single																		
Men - no children	7.4	(19)	7.2	(18)	3.6	(6)	1.6	(6)	3.0	(5)	0.4	(2)	0.5	(1)	0.1	(0)	3.3	(6)
Women - no children	0.6	(1)	2.4	(6)	1.6	(1)	0.1	(1)	0.6	(2)	0.6	(2)	0.2	(1)	1.0	(2)	1.6	(3)
Men - children	20.6	(26)	14.8	(26)	12.2	(12)	5.0	(12)	4.3	(7)	0.0	(0)	0.5	(1)	0.2	(1)	9.0	(8)
Women - children	2.2	(3)	6.2	(9)	2.3	(4)	0.3	(1)	2.2	(3)	1.4	(4)	0.0	(0)	1.3	(4)	0.0	(0)
All Married	3.1	(6)	3.4	(9)	0.6	(1)	0.2	(1)	0.6	(1)	1.3	(4)	1.4	(2)	0.2	(1)	2.6	(6)
All Single	5.0	(10)	5.8	(13)	3.3	(4)	1.1	(4)	2.0	(3)	0.6	(2)	0.3	(1)	0.7	(2)	2.6	(4)
Children	5.5	(9)	5.6	(13)	1.9	(3)	0.7	(3)	1.5	(3)	1.3	(3)	1.3	(2)	0.4	(1)	3.0	(6)
No Children	2.8	(7)	3.6	(9)	1.7	(3)	0.5	(2)	1.1	(2)	0.8	(2)	0.7	(1)	0.4	(1)	2.3	(5)
All Men	8.1	(16)	7.2	(17)	2.9	(5)	1.3	(5)	2.2	(4)	0.9	(2)	1.1	(2)	0.2	(1)	4.2	(9)
All Women	0.7	(1)	2.3	(6)	0.9	(1)	0.1	(0)	0.5	(1)	1.1	(3)	0.8	(1)	0.6	(1)	1.4	(2)
All People	4.0	(8)	4.4	(10)	1.8	(3)	0.6	(2)	1.2	(2)	1.0	(3)	0.9	(2)	0.4	(1)	2.6	(5)

Table 4. Number of times per 6 month period that the average respondent performed each of the listed outdoor activities (averaged over all respondents). The percentages of respondents who actually did any of the listed sports are shown in parentheses.

	Less Than High School	High School	College	University	All Educations
Boating (Times/6 mo)					
< $30 k	1.1 (3)	1.8 (4)	1.3 (7)	0.6 (5)	1.3 (4)
$ 30-50 k	0.4 (1)	3.7 (6)	5.6 (9)	3.1 (10)	3.5 (7)
> $50 k	5.5 (12)	3.0 (10)	1.8 (9)	5.9 (15)	4.3 (12)
All Incomes	1.6 (4)	2.7 (6)	3.0 (8)	3.8 (11)	2.9 (7)
Camping (Times/6 mo)					
< $30 k	0.9 (5)	0.6 (4)	1.3 (9)	0.5 (8)	0.8 (6)
$ 30-50 k	2.7 (7)	1.3 (9)	2.4 (11)	1.1 (13)	1.8 (10)
> $50 k	1.5 (10)	2.2 (5)	1.2 (11)	1.0 (10)	1.3 (9)
All Incomes	1.5 (6)	1.2 (6)	1.7 (11)	0.9 (10)	1.3 (8)
Snowmobile (Times/6 mo)					
< $30 k	0.3 (1)	1.9 (5)	0.5 (2)	0.0 (1)	0.7 (3)
$ 30-50 k	7.0 (10)	2.2 (5)	1.3 (6)	1.8 (3)	2.7 (6)
> $50 k	4.7 (8)	2.6 (11)	1.0 (4)	1.9 (3)	2.2 (6)
All Incomes	2.8 (5)	2.2 (6)	0.9 (4)	1.4 (3)	1.8 (4)
XC Ski (Times/6 mo)					
< $30 k	0.9 (3)	1.3 (3)	0.4 (2)	0.2 (3)	0.8 (3)
$ 30-50 k	0.8 (3)	0.8 (5)	0.9 (6)	2.8 (9)	1.3 (6)
> $50 k	3.7 (3)	0.7 (5)	0.9 (9)	1.5 (10)	1.5 (8)
All Incomes	1.3 (3)	1.0 (4)	0.7 (5)	1.6 (8)	1.2 (5)
Snowshoe (Times/6 mo)					
< $30 k	1.0 (1)	0.4 (2)	0.5 (1)	0.0 (0)	0.5 (1)
$ 30-50 k	0.0 (0)	0.1 (1)	0.1 (1)	0.3 (1)	0.1 (1)
> $50 k	0.0 (0)	2.0 (1)	0.0 (0)	0.4 (4)	0.6 (2)
All Incomes	0.6 (1)	0.6 (1)	0.2 (1)	0.3 (2)	0.4 (1)
Leisure Cycling (Times/6 mo)					
< $30 k	6.0 (6)	3.4 (3)	3.2 (4)	8.3 (10)	5.0 (5)
$ 30-50 k	6.8 (9)	10.5 (11)	4.7 (6)	4.4 (8)	6.7 (8)
> $50 k	4.4 (8)	7.4 (11)	3.5 (8)	4.6 (8)	4.8 (9)
All Incomes	5.9 (7)	6.8 (8)	3.8 (6)	5.4 (9)	5.5 (7)
Fishing (Times/6 mo)					
< $30 k	2.7 (10)	5.0 (8)	1.6 (7)	0.2 (4)	2.7 (8)
$ 30-50 k	3.7 (12)	4.2 (9)	3.2 (9)	1.4 (8)	3.1 (9)
> $50 k	2.6 (14)	2.4 (15)	1.7 (9)	1.4 (9)	1.8 (11)
All Incomes	3.0 (11)	4.2 (10)	2.2 (8)	1.1 (8)	2.6 (9)
Hiking (Times/6 mo)					
< $30 k	1.3 (5)	0.7 (3)	0.5 (3)	1.8 (7)	1.0 (4)
$ 30-50 k	1.2 (5)	1.9 (5)	1.0 (8)	3.3 (13)	1.9 (8)
> $50 k	3.3 (5)	3.2 (7)	1.0 (5)	2.1 (12)	2.2 (8)
All Incomes	1.6 (5)	1.6 (5)	0.8 (5)	2.4 (11)	1.6 (7)
Hunting (Times/6 mo)					
< $30 k	0.8 (3)	0.2 (1)	0.3 (1)	0.0 (0)	0.4 (1)
$ 30-50 k	1.2 (4)	0.2 (2)	0.4 (2)	0.1 (1)	0.4 (2)
> $50 k	0.1 (5)	1.5 (5)	0.3 (2)	0.2 (2)	0.5 (3)
All Incomes	0.8 (3)	0.5 (2)	0.4 (2)	0.1 (1)	0.4 (2)

Table 4. Continued.

	Less Than High School	High School	College	University	All Educations
Picnic (Times/6 mo)					
< $30 k	0.1 (3)	0.7 (5)	0.0 (1)	0.2 (3)	0.3 (3)
$ 30-50 k	0.4 (1)	0.3 (2)	0.2 (2)	0.6 (3)	0.4 (2)
> $50 k	0.0 (0)	0.4 (1)	0.3 (3)	1.4 (5)	0.8 (3)
All Incomes	0.2 (2)	0.5 (3)	0.2 (2)	0.9 (4)	0.5 (3)
Leisure Walk (Times/6 mo)					
< $30 k	36.0 (30)	35.9 (29)	42.4 (36)	54.0 (40)	40.4 (33)
$ 30-50 k	17.6 (23)	25.5 (28)	28.4 (27)	31.0 (32)	26.3 (28)
> $50 k	26.6 (25)	34.8 (34)	29.3 (34)	34.4 (35)	32.3 (34)
All Incomes	29.7 (28)	31.9 (30)	33.7 (32)	37.9 (36)	33.5 (32)

Table 5. Number of times per 6 month period that the average respondent performed each of the listed outdoor activities (averaged over all respondents) by the gender and marital status of respondents and whether or not they had children. The percentages of respondents who actually did any of the listed sports are shown in parentheses.

	Boating Freq (%)	Camping Freq (%)	XC Ski Freq (%)	Cycling Freq (%)	Fishing Freq (%)	Hiking Freq (%)
Married						
Men - no children	5.1 (11)	0.9 (7)	1.0 (4)	6.9 (7)	3.8 (12)	2.7 (5)
Women - no children	3.2 (7)	0.8 (3)	1.3 (5)	3.5 (5)	2.0 (4)	2.0 (4)
Men - children	3.8 (10)	1.1 (9)	1.3 (6)	4.5 (6)	4.1 (17)	1.3 (7)
Women - children	2.7 (8)	1.7 (9)	1.5 (7)	4.1 (8)	1.9 (6)	1.2 (7)
Single						
Men - no children	2.7 (8)	2.1 (11)	0.7 (4)	4.4 (7)	3.6 (12)	2.1 (8)
Women - no children	1.9 (4)	0.5 (7)	0.7 (5)	6.5 (8)	0.5 (3)	1.0 (5)
Men - children	0.1 (1)	1.5 (12)	1.3 (5)	10.9 (8)	5.6 (18)	1.6 (8)
Women - children	0.7 (2)	0.7 (9)	2.9 (3)	7.9 (8)	0.8 (5)	1.7 (4)
All Married	3.6 (9)	1.2 (7)	1.3 (6)	4.5 (6)	2.8 (9)	1.7 (6)
All Single	1.9 (5)	1.2 (9)	1.1 (4)	6.3 (8)	2.1 (8)	1.6 (6)
Children	2.5 (7)	1.3 (9)	1.6 (6)	5.4 (7)	2.8 (11)	1.4 (7)
No Children	3.0 (7)	1.1 (7)	0.9 (4)	5.3 (7)	2.3 (7)	1.8 (6)
All Men	3.4 (9)	1.5 (9)	1.0 (5)	5.6 (7)	4.0 (14)	2.0 (7)
All Women	2.3 (6)	1.0 (7)	1.4 (5)	5.1 (7)	1.3 (4)	1.4 (5)
All People	2.8 (7)	1.2 (8)	1.2 (5)	5.3 (7)	2.5 (9)	1.6 (6)

Table 5. Continued.

	Hunting Freq (%)	Picnic Freq (%)	Snowmobile Freq (%)	Snowshoe Freq (%)	Walk Freq (%)
Married					
Men - no children	0.5 (2)	0.4 (2)	0.8 (2)	0.4 (1)	24.3 (24)
Women - no children	0.3 (1)	0.2 (2)	0.7 (3)	0.3 (1)	46.2 (40)
Men - children	1.3 (6)	1.5 (4)	3.1 (8)	0.3 (1)	16.9 (22)
Women - children	0.1 (1)	0.7 (4)	1.8 (5)	0.7 (2)	44.1 (38)
Single					
Men - no children	0.8 (4)	0.1 (1)	3.3 (7)	0.5 (1)	22.1 (22)
Women - no children	0.0 (0)	0.1 (2)	0.1 (0)	0.5 (1)	43.3 (39)
Men - children	0.0 (1)	0.2 (3)	3.1 (8)	0.0 (0)	18.0 (16)
Women - children	0.0 (0)	0.4 (4)	2.0 (4)	0.1 (1)	38.8 (35)
All Married	0.5 (2)	0.7 (3)	1.7 (5)	0.4 (1)	34.1 (32)
All Single	0.3 (1)	0.2 (2)	1.8 (4)	0.4 (1)	32.7 (30)
Children	0.4 (2)	0.9 (4)	2.4 (6)	0.4 (1)	31.9 (30)
No Children	0.4 (2)	0.2 (2)	1.3 (3)	0.5 (1)	34.6 (32)
All Men	0.8 (4)	0.6 (2)	2.6 (6)	0.4 (1)	20.6 (22)
All Women	0.1 (0)	0.3 (3)	1.0 (3)	0.5 (1)	43.7 (38)
All People	0.4 (2)	0.5 (3)	1.7 (4)	0.4 (1)	33.5 (31)

3. More men than women jog, play team and racquet sports, but more women than men do fitness walking (fast athletic walking) and swimming.

4. With a few exceptions, differences in participation between people who do or do not have children at home and between married and single people are not as great as gender based differences.

5. Differences in participation based on combined gender/martial status/children differences are large:

   - Single men are 2 to 4 times more likely to lift weights than their married counterparts; whether or not they have children is not a factor. This is not true with women. Women without children at home are twice as likely to lift weights as women with children at home but there is no difference in participation between married and single women.

   - In the case of aerobics, there is no difference in participation among men in the four marital/children categories. Participation among women is similar for three of the groups (single with and without children, married with children), but married women without children at home participate less frequently.

   - Women do more fitness walking than men. For both men and women there were no differences in participation as a function of marital status or children.

   - Participation in cycling was quite evenly distributed with the exception that married men with no children rarely participated.

- Married people, especially married women, tended to jog less frequently than single people.

Participation in Outdoor Activities

Participation in boating was higher for those in high income groups than for those in low income groups and was more dependent on income than on education (Table 4). Camping was less popular among those who had attended university than among those who had not. Participation in camping was less dependent on income than was boating.

Participation in snowmobiling decreased with increasing levels of education and was low among those with low incomes. Participation in cross-country skiing was equally popular among those with various education levels but tended to increase with increasing income.

Participation in fishing tended to decrease with increasing education and was constant among income groups for those with lower levels of education. It increased with increasing income for those who had attended university. Participation in hunting also decreased with increasing education, but was not dependent on income. Leisure walking and cycling are discussed below under fitness activities. Gender-related differences in participation in most outdoor activities were small (Table 5). More men than women fished and more women than men walked. Many people participated in more than one sport or outdoor activity. Participation in athletic activities as a whole is discussed in the following section.

Level of Fitness: Who is Fit?

The data presented in the preceding sections give no indication of total participation in athletic activities or whether or not respondents performed activities often enough to achieve fitness. The following discussion focuses on fitness and fitness-related activities, including:

> cross-country skiing, leisure cycling, hiking, snowshoeing, leisure walking, aerobics, sport cycling, jogging, skating, skiing, racquets, swimming, tennis, fitness walking, weights, hockey, baseball, basketball, football, soccer, dancing, golf.

The number of times per week that respondents did any of the above activities was tabulated. The list of activities included leisure walking. This, however, may not be an activitity that produces 'medical'[1] fitness. On the other hand, leisure walking is the only exercise that some people get and it was the most popular, so results were tabulated including and excluding leisure walking.

By combining all these activities it was possible to compute the number of times per week that respondents did some kind of fitness-related activity. The average respondent did one or more of the above-named activities 4.4 times per week. From a fitness perspective, this is an encouraging figure. However, many people did little or no activity and many other respondents who performed some fitness-related activities did so fewer than 4.4 times per week.

The frequency with which respondents did one or more of the above-listed activities is presented in Table 6. The frequency with which respondents participated in fitness activities decreased with

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[1]Medical fitness is a level of fitness that provides protection from heart disease and is not necessarily the same as athletic fitness.

increasing age and there was a break in participation at age 45. Respondents younger than 45 years of age participated more frequently than did older people. As the years pass, the age at which this break occurs will likely increase. The break at age 45 may be a function of the fitness orientation of the baby boom and younger generations.

If it is assumed that the activities (excluding leisure walking) were performed at an intensity that was sufficient to produce a medically fit individual and that this level could be achieved by exercising 2.5 or more times per week, then the respondents can be classified into three levels of fitness. About 45% of the respondents participate in physical activity less than 0.5 times per week and can be considered as "sedentary unfit"; about 21% exercise between 0.5 and 2.5 times per week and can be considered as "actively unfit"; and about 34% exercise more than 2.5 times per week on average and can be considered as "actively fit". If leisure walking were included as a fitness activity, then these percentages would be 30%, 22%, and 48%, respectively. Most of this shift would be due to people in older age categories, most of whose physical activity consists of walking. Thus, despite all the publicity and emphasis on fitness and the social acceptance of a fit way of life, it seems that about 45% of the population is uninterested or unable to become fit. The middle group who are active, but not at a level that may be considered fit, could be encouraged to participate in physical activity more frequently.

Table 6. Percentage of respondents in each age category who did fitness types of activities the indicated number of times per week.

	Times per week					
	<½	½-1½	1½-2½	2½-4½	>4½	Total
Including Leisure Walking						
15-19 years	16.7%	5.3%	19.7%	12.1%	46.2%	132
20-24 years	17.3%	6.6%	16.3%	13.3%	46.4%	196
25-34 years	23.1%	6.8%	18.7%	13.0%	38.5%	577
35-44 years	25.5%	4.1%	16.5%	12.2%	41.6%	411
45-54 years	40.1%	3.0%	16.9%	8.4%	31.6%	237
55-64 years	47.1%	4.0%	12.8%	4.0%	32.2%	227
65-74 years	40.6%	2.6%	14.8%	2.6%	39.4%	155
75+ years	62.5%	2.8%	11.1%	2.8%	20.8%	72
All	30.1%	4.9%	16.6%	10.1%	38.3%	2007
Not Including Leisure Walking						
15-19 years	21.2%	5.3%	20.5%	12.1%	40.9%	132
20-24 years	26.5%	7.1%	17.9%	12.8%	35.7%	196
25-34 years	34.5%	7.6%	19.4%	12.5%	26.0%	577
35-44 years	39.2%	5.6%	16.5%	10.7%	28.0%	411
45-54 years	59.5%	2.1%	12.7%	5.9%	19.8%	237
55-64 years	68.7%	4.4%	7.5%	3.1%	16.3%	227
65-74 years	69.7%	2.6%	11.0%	1.9%	14.8%	155
75+ years	80.6%	1.4%	9.7%	2.8%	5.6%	72
All	45.0%	5.4%	15.6%	9.1%	24.9%	2007
Total Numbers	903	108	313	183	500	2007

Fitness and Gender and Marital Status

When leisure walking is included, about 51% of women participate in fitness activities at least 2.5 or more times per week and 45% of men do so (Table 7). About 36% of men and 33% of women participate in fitness activities, not including leisure walking, at least 2.5 times per week. Single people are slightly more active when leisure walking is not included. Not considering leisure walking, married men with no children are the least active; single women with children are more active than either all married women and childless single women. These differences are not apparent when leisure walking is included.

Table 7. Numbers of times per week that people in various gender/marital/children categories do fitness types of activities.

	< ¼	¼-1¼	1¼-2¼	2¼-4½	> 4½	Total
Including Leisure Walking						
Married						
Men - no children	39.0%	5.4%	17.6%	7.3%	30.7%	205
Women - no children	32.1%	3.6%	17.3%	5.4%	41.5%	277
Men - children	30.5%	6.1%	20.1%	17.2%	26.2%	279
Women - children	27.7%	5.4%	14.0%	8.9%	44.0%	350
Single						
Men - no children	28.0%	6.7%	18.6%	13.4%	33.2%	328
Women - no children	29.9%	2.6%	14.2%	8.8%	44.4%	351
Men - children	16.4%	4.1%	15.1%	13.7%	50.7%	73
Women - children	27.2%	5.1%	14.7%	6.6%	46.3%	136
All Married	31.6%	5.1%	17.0%	9.8%	36.5%	1111
All Single	27.7%	4.6%	16.0%	10.6%	41.1%	888
Children	27.6%	5.5%	16.2%	11.7%	39.0%	838
No Children	31.5%	4.5%	16.8%	9.0%	38.2%	1161
All Men	30.4%	6.0%	18.5%	13.2%	31.9%	885
All Women	29.4%	4.0%	15.0%	7.7%	43.8%	1114
All People	29.9%	4.9%	16.6%	10.2%	38.5%	1999
Not Including Leisure Walking						
Married						
Men - no children	53.7%	5.9%	13.2%	7.8%	19.5%	205
Women - no children	57.8%	4.3%	11.6%	4.7%	21.7%	277
Men - children	37.6%	7.2%	21.9%	14.0%	19.4%	279
Women - children	45.4%	5.7%	15.7%	6.9%	26.3%	350
Single						
Men - no children	35.4%	6.4%	18.6%	14.0%	25.6%	328
Women - no children	49.9%	3.4%	12.8%	7.4%	26.5%	351
Men - children	17.8%	4.1%	19.2%	12.3%	46.6%	73
Women - children	41.2%	6.6%	12.5%	8.1%	31.6%	136
All Married	48.1%	5.8%	15.8%	8.3%	22.1%	1111
All Single	40.5%	5.1%	15.4%	10.4%	28.6%	888
Children	39.7%	6.2%	17.5%	9.9%	26.6%	838
No Children	48.3%	4.9%	14.2%	8.7%	23.9%	1161
All Men	38.9%	6.3%	18.4%	12.4%	24.0%	885
All Women	49.4%	4.8%	13.4%	6.6%	25.9%	1114
All People	44.7%	5.5%	15.6%	9.2%	25.0%	1999

Income, Education and Fitness

Income and education are major determinants of participation in fitness activities. The pattern shown in Table 8 is the reverse of that observed for sedentary leisure activities. Those in the lowest level of education and income participate in fitness activities less frequently than those with higher incomes and/or levels of education. The relationship between income and participation is strong at the lowest level of education and decrease with increasing level of education. A comparison of fitness participation with time spent relaxing, watching television and reading shows that those with high incomes and educations participate in fitness activities at the expense of time spent on sedentary leisure pursuits.

Table 8. Percent of respondents in each education/income category who do one or more fitness related activities three or more times per week.

	Less Than High School	High School	College	University	All Educations
Not Including Leisure Walking					
< $30 k	17.6	21.7	30.7	39.4	25.3
$ 30-50 k	33.7	35.8	35.7	46.9	38.2
> $50 k	39.0	48.9	37.6	49.5	45.2
All Incomes	25.2	32.5	34.4	46.4	100.0
Including Leisure Walking					
< $30 k	33.9	37.5	48.4	60.6	42.6
$ 30-50 k	41.6	47.8	47.8	62.9	50.5
> $50 k	50.8	59.1	52.1	62.3	57.9
All Incomes	38.6	45.7	49.2	62.1	100.0
Total: 1711 respondents					

Fitness, Ethnic Background and Language

Participation in fitness activity appears to be not so much related to ethnic background as to language spoken (Table 9). A higher proportion of respondents of European and other (East Indian, West Indian, Oriental) backgrounds participated in fitness activities than did respondents of French or English origin. However, fewer non-English speaking Europeans and non-English speaking respondents of other ethnic backgrounds participated in fitness activities than did respondents who spoke English as a first language. This is not an age effect. The average age of non-English speaking respondents of European background was 46 years, and that of non-English speaking respondents of other backgrounds was 33 years; average age of all respondents was 42 years.

Thus, any "ethnic effect" appear to be largely restricted to immigrants who have recently arrived in Ontario and have not yet learned or adopted the local language and customs that include fitness.

Fitness, Satisfaction and Constraints to Leisure

More respondents in the highest participation category tended to be very satisfied with the way in which they spent leisure time than respondents in other participation categories (Table 10). People in the lowest participation category had the highest proportion of people in the very dissatisfied category. Considering only satisfied *vs* dissatisfied, people who participated in athletic activities 2.5 to 4.5 times per week were the most satisfied with the way in which they spent leisure time.

Table 9. Percent of people who participate in fitness activities more than 3 times per week (not including leisure walking.

Language ->	English	Non-English	All
Ethnic Background			
English	33.9	-	34.0
French	34.2	40.9	36.1
European	39.8	19.7	37.4
Other	42.4	11.1	33.1
All	35.9	24.7	-
Total Respondents = 1827			

Table 10. Numbers of times per week that people in various satisfaction categories do fitness types of activities. Percentages are by columns.

	Times per Week					Total People
	< ¼	¼-1¼	1¼-2¼	2¼-4¼	> 4¼	
Not Including Leisure Walking						
Very Satisfied	37.0%	28.8%	30.2%	31.4%	43.0%	733
Somewhat Satisified	44.2%	54.1%	54.3%	60.5%	44.0%	960
Somewhat Disatisfied	14.2%	16.2%	13.5%	8.1%	12.2%	264
Very Disatisfied	4.6%	0.9%	1.9%	0.0%	0.8%	52
All People	900	111	311	185	502	2009
Including Leisure Walking						
Very Satisfied	36.8%	29.3%	33.0%	29.1%	40.6%	733
Somewhat Satisified	44.8%	52.5%	51.7%	59.6%	44.7%	960
Somewhat Disatisfied	13.0%	16.2%	13.5%	10.8%	13.3%	264
Very Disatisfied	5.3%	2.0%	1.8%	0.5%	1.4%	52
All People	600	99	333	203	774	2009

Respondents were asked about constraints to their pursuit of leisure activities. As asked, constraints were general and not activity specific. The greatest constraint to participation in fitness activities was, not surprisingly, health related problems.

People who listed language as a constraint exercised 1.6 times per week less often than those who did not feel constrained by language (Table 11). This relationship may be spurious, given the lack of apparent language constraints to other leisure activities (see the second report in this series) and the lack of language requirements for walking, cycling, jogging and other popular activities.

Table 11. Number of times per week that people who were and who were not constrained by the listed activities participated in fitness activities (including leisure walking).

	Times/ Week	Total People		Times/ Week	Total People
Time/Energy	4.2	1329	No Activities for Age Group	3.9	369
Not Constrained	4.8	691	Not Constrained	4.5	1624
Companionship	4.1	617	Programs not in My Language	2.9	130
Not Constrained	4.5	1400	Not Constrained	4.5	1874
Inconvenient location	4.3	586	Too Expensive	4.3	978
Not Constrained	4.4	1432	Not Constrained	4.4	1037
Programs of Interest	4.1	429	Health Problem	3.4	343
Not Constrained	4.5	1556	Not Constrained	4.5	1678
Facilities Overcrowded	4.8	609	All People	4.4	2024
Not Constrained	4.2	1354	All People	2024	
No Information	4.2	435			
Not Constrained	4.4	1576			

Summary

A high income and/or high level of education and age are the key predictors of participation in fitness activities. Respondents under 45 years of age with either a high income or a high level of education tended to participate in fitness activities more often than did older people and/or those with low incomes and levels of education. Non-English speaking respondents of European and other backgrounds tended to participate less frequently than did those who spoke English at home or who were of French background. Many respondents did little or no exercise. Some lack of participation was likely due to lifestyle (low levels of education) and cultural effects (new immigrants) and some may have been due to lack of interest in athletic activities.

ONTARIO LEISURE ACTIVITY PARTICIPATION SURVEY
IV: SYNTHESIS

by

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Introduction

The Ontario Research Council on Leisure commissioned a public survey of leisure activity patterns in Ontario that was funded by the Ministry of Tourism and Recreation. Environics Research Group Limited surveyed 1024 people between 24 February and 2 March 1989 and 1000 people between 13 and 26 July 1989. To ensure that survey results would be representative of all residents of Ontario, the number of people questioned in each of six regions in the province was proportional to the population of the region. Thus, 25% of respondents were from the metro Toronto area; 12% from eastern Ontario; 13% from central east ontario, 25% from central west Ontario; 15% from western Ontario and 10% from Northern Ontario. Furthermore, within each region, respondents were selected in proportion to the population of each of five community size groups. Telephone numbers were selected randomly within regions and community sizes. Other survey techniques selected respondents within households in an attempt to make the sample representative of the age and gender of the population. Interviewers asked about the kinds of leisure activity in which people were engaged, where and with whom activities were pursued, general questions about people's satisfaction with the way leisure time was spent, what respondents felt was limiting to their pursuit of leisure activities and questions about their age, marital status, income, education and related matters.

Not all respondents answered all questions. In particular, 1718 of 2024 respondents answered questions about income. Most respondents answered questions about their gender and marital status. So, numbers of respondents shown on the various tables are different and some numbers may vary by small amounts.

This report discusses and synthesises participation in all leisure activities in terms of gender, martial status, income education, satisfaction, constraints, and other factors. Other reports in this series discuss satisfaction with leisure activities and constraints to the pursuit of leisure activities, and participation in various kinds of leisure, athletic and outdoor activities.

Participation in Activities

Table 1 shows participation in all activities that were included in the survey. Sedentary pursuits were the most popular. Athletic and outdoor activities were not the most popular.

The percentage of people doing an activity is only one measure of the relative popularity of an activity. The time people spend doing something or the number of times they do it are perhaps more accurate indicators. Respondents were asked how much time they spent watching television, reading,

listening to radio, shopping, doing church related activities and relaxing. Many other questions asked respondents to estimate the numbers of times per day, week or month they did specific activities. By making assumptions about how much time it takes to do activities, we estimated the time spent at various activities (Table 1). These assumptions are described in the Appendix to the second report in this series.

Table 1. Participation in 42 activities expressed as numbers participating and as a percentage of all respondents. The estimated average number of hours per six month period spent doing each activity by all respondents and only those participating in the activity are also shown. Activities are ranked by decreasing amount of time spent by all respondents. N/A means that time data were not collected. Time spent per activity was estimated using the assumptions listed in the Appendix.

	Participants		Hours/ 6 Months Averaged per	
	Percent	Numbers	All	Doer
Radio	88.9%	1796	427	481
Television	85.5%	1734	371	433
Reading	90.0%	1823	241	268
Relax	55.7%	1128	148	266
Leisure Walk	31.3%	633	101	327
Volunteer	34.3%	694	28	80
Church	39.6%	802	26	66
Shop	51.5%	1043	26	50
Leisure Cycling	7.0%	141	21	306
Movies	45.2%	914	20	45
Fishing	8.7%	176	20	233
Fitness Cycling	8.4%	170	19	228
Skiing	10.3%	209	18	183
Adult Ed	33.3%	673	15	44
Baseball	10.8%	219	13	128
Hiking	6.1%	124	13	217
Fitness Walk	10.3%	208	13	131
Golf	5.2%	106	13	258
Hockey	8.1%	164	12	151
Aerobics	12.0%	243	12	97
Snowmobiling	4.3%	88	10	244
Camping	8.2%	166	9	119
Boating	7.2%	146	8	119
Swimming	13.3%	269	7	51
Tennis	5.6%	114	6	114
Jogging	6.0%	122	6	93
Basketball	2.8%	56	5	197
XC Ski	5.2%	106	5	94
Soccer	2.4%	48	4	164
Plays	30.0%	607	3	11
Hunting	2.0%	41	3	168
Curling	1.6%	33	3	172
Skating	4.3%	88	2	57
Football	2.3%	47	2	80
Snowshoeing	1.1%	23	2	154
Symphony etc.	15.4%	312	2	10
Racquet Sports	3.5%	70	1	45
Sailing	1.4%	28	1	106
Spectator Sports	32.1%	649	N/A	N/A
Play Music	32.9%	666	N/A	N/A
Hobbies	66.5%	1346	N/A	N/A
Museums	36.6%	741	N/A	N/A
Total		2024		

Sedentary activities were at the top of the list both in terms of participants and time spent on them. Swimming, aerobics and baseball were the leading athletic pursuits. Swimming was the most popular, but was only the 17th most popular activity of the list of 42 and only 13% of respondents participated. Leisure walking was the most popular of the outdoor activities. However it lagged far behind all sedentary activities in terms of amount of time spent doing it.

The third column in Table 1 shows the total time spent on each activity over a 6-month period averaged over all participants. This time estimate shows the relative importance of activities to all respondents. The fourth column shows the average time devoted to each activity only by respondents who did each of the listed activities. A summary of the average time spent by the average respondent on groups of activities is shown below. Hobbies, playing music and going to spectator sports were all very popular but time estimates could not be made and so they are not included.

	Hours per 6 Months
Sedentary Leisure (Reading, TV)	974
Active Leisure (Walking, Shopping)	165
Sports (Jogging, Team Sports)	124
Active Entertainment (Movies)	73
Outdoor (Camping, Boating, Hiking)	67

Not including hobbies, watching spectator sports and playing music, the average respondent spent 1400 hours on leisure activities over a 6 month period. Sedentary activities constituted 70% of this time and athletic and activities occupied only 14% of the average respondent's leisure time.

Respondents were asked how much time they spent reading, relaxing, listening to radio and watching television on weekdays and weekends. Responses were in the form of time categories. The centre point of each time category was used to estimate total time. Less than 0.5 hours was assumed to be 0.25 hours. More than 5 hours was assumed to be 6.5 hours. The responses for church and shopping were in hours per week categories. Time spent on these was estimated as above. For movies and volunteering, responses were in the following categories, daily, weekly, 2-3 times/month, monthly or once per 6 months. For symphony and plays, responses were coded as number of times per 6 months. Courses were recorded as number of courses per 6 months; it was estimated that the average course lasted 3 months with 1.5 classes per week. Time spent on sports and outdoor activities was coded as daily, 1-2 times per week, 2-3 per month, 1-2 times/month, or 1-2 times per 6 months. The mid point of each category was used to estimate the number of times.

Hobbies, spectator sports and playing music were not included because time estimates were not made during the survey.

In order to reduce the data to a manageable level, activities were grouped into five categories in the following discussions. The number of times per week or hours per week that respondents did any activity in each group was computed. The categories were:

1. **Relaxing** is presented as hours per week and includes Television, Relaxing and Reading;

2. **Shopping and Church** related activities are presented as hours per week;

3. **Theatre/Movies** are presented as number of times per week and include Movies, Plays, Musicals, Pop Concerts, Symphony, Ballet, Opera, Volunteering and Adult Education Courses;

4. **Sports and Fitness Activities** are presented as number of times per week and include Cross-Country Skiing, Leisure Cycling, Hiking, Snowshoe, Leisure Walking, Aerobics, Sport Cycling, Jogging, Skating, Ski, Racquet, Swimming, Tennis, Race Walking, Weights, Hockey, Baseball, Basketball, Football, Soccer, Dance and Golf;

5. **Outdoor Activities** are presented as number of times per week and include Boating, Camping, Fishing, Hunting, Picnic, Snowmobiling and Other.

The average respondent spent 28.6 hours per week relaxing, 1.9 hours shopping and going to church, went out for entertainment 0.9 times per week, exercised 4.4 times per week, and did outdoor activities 0.7 times per week. Thus, in his/her leisure time, the average respondent spent 30.5 hours, plus the time to do 6.0 other activities (Entertainment, Exercise, Outdoor) per week, not including hobbies, watching spectator sports and playing music.

Activity Patterns by Age

Total time spent relaxing declined slightly from ages 15-19 to ages 45-54, after which it increased again (Table 2). The frequency with which respondents did sports, fitness and outdoor activities declined with increasing age and there is a break in participation at age 45. People younger than 45 did sports and fitness activities more frequently than older people. As time passes, the age at which this break occurs will likely increase. The break at age 45 is likely a function of the fitness orientation of many people in the baby boom and younger generations.

With increasing age, the proportion of activity represented by leisure walking increased (see the third report). People in the oldest age category derived most of their exercise from walking.

There was not a large difference in total time spent shopping or going to church among people in the various age categories, however, attendance at church was strongly age dependent. As shown in the second report, only 30% of those aged 15 to 19 participated in church related activites and participation increased steadily with increasing age to 63% for those aged 75 and over. Attendance at entertainment events declined with increasing age. Participation in outdoor activities was very high for those less than 20 years of age; was relatively constant among those 20 to 75 years of age and was low for those over 75 years of age.

Activity Patterns by Income and Education

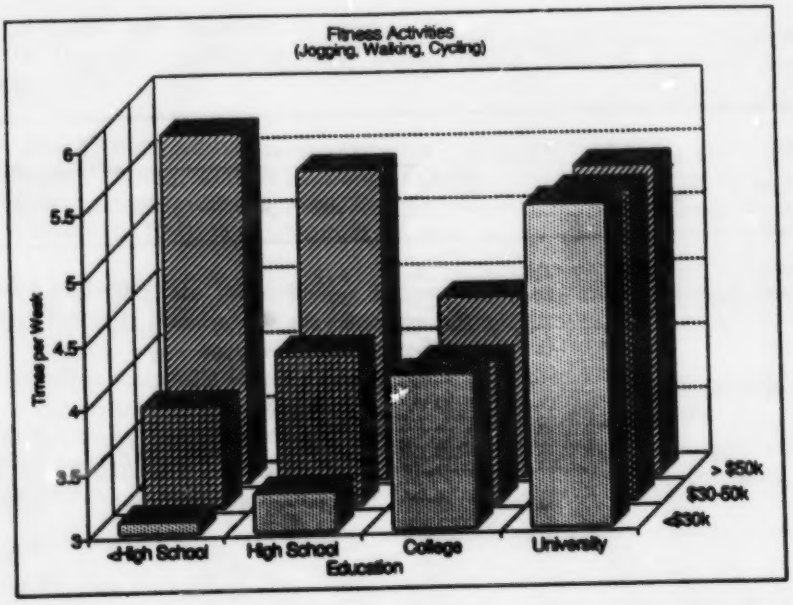
Respondents with high incomes and high levels of education spent the least amount of time relaxing (Table 3). However, this group participated in sports and fitness activities frequently. Income and education were major determinants of participation in fitness activities. The pattern of participation in fitness activities shown in Table 3 and Figure 1 is the reverse of that observed for sedentary leisure activities.

Table 2. Activity patterns for respondents of various age groups.

Age	Hours/Week		Times/Week			Total		Total People
	Relaxing	Shop Church	Movies/ Theatre	Sports& Fitness	Outdoor	Hours	Times	
15-19 Years	30.8	2.2	1.2	6.2	1.2	33.0	8.5	132
20-24 Years	29.7	1.8	0.9	5.7	0.6	31.4	7.1	196
25-34 Years	26.5	1.7	0.9	4.7	0.7	28.1	6.2	574
35-44 Years	25.5	1.6	1.0	4.7	0.8	27.1	6.5	411
45-54 Years	27.6	2.1	0.8	3.5	0.7	29.6	5.0	237
55-64 Years	32.6	1.9	0.6	3.0	0.6	34.5	4.3	227
65-75 Years	35.0	2.7	0.7	3.5	0.6	37.8	4.8	153
75+ Years	33.6	1.9	0.7	1.9	0.3	35.5	2.8	70
All	28.6	1.9	0.9	4.4	0.7	30.5	6.0	2000

Table 3. Participation in leisure activities by income and education.

Education Income	Hours/Week		Times/Week			Total	
	Relaxing	Shop Church	Movies/ Theatre	Sports& Fitness	Outdoor	Hours	Times
< High School							
< $30 k	33.5	2.0	0.7	3.1	0.7	35.4	4.4
$ 30-50 k	29.7	2.3	0.6	3.8	0.9	32.0	5.2
> $50 k	30.7	1.6	0.6	5.7	0.9	32.1	7.1
High School							
< $30 k	33.3	2.0	0.7	3.3	0.6	35.0	4.6
$ 30-50 k	30.2	1.7	0.7	4.2	0.8	31.9	5.7
> $50 k	28.2	1.2	0.7	5.4	0.9	29.3	7.0
College							
< $30 k	29.8	2.4	1.2	4.2	0.5	32.3	5.9
$ 30-50 k	25.0	1.9	0.9	4.1	1.0	26.8	6.1
> $50 k	24.7	1.5	1.0	4.4	0.7	26.2	6.1
University							
< $30 k	31.4	2.2	1.0	5.5	0.2	33.6	6.7
$ 30-50 k	24.7	1.9	1,3	5.4	0.6	26.5	7.4
> $50 k	21.6	1.5	1.2	5.4	0.8	23.1	7.3
All Educations							
< $30 k	32.2	2.1	0.8	3.8	0.5	34.3	5.2
$ 30-50 k	27.2	1.9	0.9	4.4	0.8	29.1	6.1
> $50 k	24.6	1.4	1.0	5.2	0.8	26.1	6.9
All Incomes							
< High School	32.0	2.0	0.6	3.7	0.8	34.0	5.0
High School	31.1	1.7	0.7	4.1	0.7	32.7	5.5
College	26.6	2.0	1.0	4.2	0.7	28.6	6.0
University	24.8	1.8	1.2	5.4	0.6	26.5	7.2
All Respondents	28.6	1.9	0.9	4.4	0.7	30.5	6.0



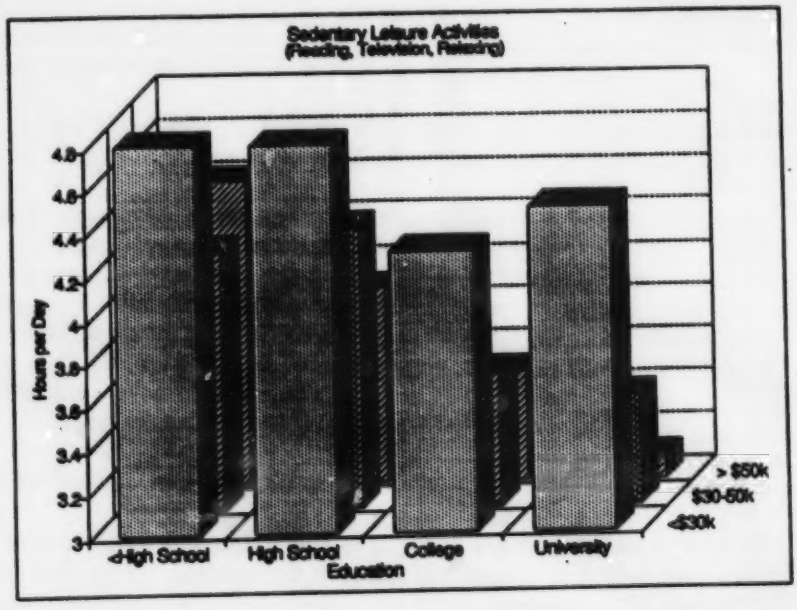


Figure 1. Comparison of the number of times per week that respondents in various income/education categories participate in athletic and fitness activities and the average number of hours per day that they spend on sedentary leisure pursuits.

A comparison of time spent on sports and fitness activities with time spent relaxing, watching television and reading shows that those with high incomes and educations appear to participate in fitness activities at the expense of time spent on sedentary leisure pursuits. Those in low income and education groups spent a great deal of time relaxing and participated in sports and fitness activities infrequently.

Time spent on outdoor pursuits was relatively constant among income and education groups. Respondents with low incomes who had attended university spent the least amount of time at outdoor pursuits. They spent a great deal of time at sedentary activities and did participate in sports and fitness activities frequently.

Income *per se* was not a determinant of attendance at entertainment events. Attendance increased with increasing education regardless of income. There was also a change in the nature of the entertainment with increasing education. Attendance at the theatre and performances of classical music increased with increasing education and was independent of income.

Activity Patterns by Gender, Marital Status and Children

There was less variation in activity patterns between genders, people who were single or married and whether or not they had children than among income and education levels. There were differences in the kinds of activities that were done and these are discussed in other reports.

Table 4. Participation in leisure activities by gender, marital status and whether or not people have children at home.

	Hours/Week		Times/Week			Total	
	Relaxing	Shop Church	Movies/ Theatre	Sports& Fitness	Outdoor	Hours	Times
Married							
Men - no children	29.4	1.9	0.8	3.1	0.7	-31.3	4.7
Women - no children	32.3	1.9	0.6	4.2	0.6	34.2	5.3
Men - children	26.0	1.4	0.8	3.4	1.0	27.3	5.1
Women - children	24.1	1.9	1.0	4.8	0.8	26.0	6.6
Single							
Men - no children	29.8	1.7	0.8	4.4	0.7	31.3	5.9
Women - no children	31.5	2.3	1.0	4.9	0.5	33.7	6.4
Men - children	27.9	2.0	0.8	6.7	0.9	29.9	8.4
Women - children	27.6	2.2	1.1	5.3	0.7	29.6	7.0
All Married	27.6	1.8	0.8	4.0	0.8	29.3	5.5
All Single	29.9	2.0	0.9	4.9	0.6	31.9	6.5
Children	25.6	1.8	0.9	4.6	0.8	27.4	6.3
No Children	30.8	2.0	0.8	4.2	0.6	32.7	5.7
All Men	28.3	1.7	0.8	4.0	0.8	29.9	5.6
All Women	28.9	2.1	0.9	4.7	0.6	30.9	6.3
All People	28.6	1.9	0.9	4.4	0.7	30.5	6.0

Single men and women with children spent more time at leisure pursuits and participated more frequently than their married counterparts (Table 4). Single parents participated in sports and fitness activities more often than did any other group. Married people with children at home spent the least amount of time at leisure pursuits.

The overall variation in time spent at leisure pursuits among these groups is unremarkable.

Activity Patterns by Language and Ethnic Background

Participation in sports and fitness types of activities appeared to be related more to language spoken at home than to ethnic background *per se*. A higher proportion of respondents of European and other (East Indian, West Indian, Oriental) backgrounds participated in fitness activities than did respondents of French or English origin. However, fewer non-English speaking Europeans and non-English speaking respondents of other ethnic backgrounds participated in fitness activities than did respondents who spoke English as a first language. This is not an age effect. The average age of non-English speaking respondents of European background was 46 years, and that of non-English speaking respondents of other backgrounds was 33 years; average age of all respondents was 42 years. There was little difference among language and ethnic groups in the amount of time they spent relaxing or in the frequency with which they pursued other activities.

Table 5. Participation in leisure activities by ethnic background and language.

Language Background	Hours/Week		Times/Week			Total	
	Relaxing	Shop Church	Movies/ Theatre	Sports& Fitness	Outdoor	Hours	Times
English Language							
English	29.1	1.9	0.9	4.4	0.7	30.9	6.0
French	31.0	1.8	0.9	4.6	0.9	32.9	6.5
European	27.7	1.9	0.7	4.8	0.7	29.5	6.3
Other	25.8	2.4	0.8	4.8	0.4	28.2	6.0
Non-English Language							
English	-	-	-	-	-	-	-
French	28.7	1.6	1.0	4.5	0.6	30.3	6.0
European	22.6	1.7	0.8	3.4	0.6	24.2	4.7
Other	31.6	3.0	0.8	1.0	0.6	34.3	2.4
All Languages							
English	29.1	1.9	0.9	4.4	0.7	30.9	6.0
French	30.4	1.7	0.9	4.6	0.8	32.1	6.4
European	27.1	1.9	0.8	4.7	0.7	28.9	6.1
Other	27.6	2.5	0.8	3.7	0.5	30.0	4.9
All Ethnic Backgrounds							
English	28.7	1.9	0.9	4.5	0.7	30.5	6.1
Non-English	26.9	2.0	0.8	3.1	0.6	28.7	4.6
All Respond.	28.5	1.9	0.9	4.4	0.7	30.4	6.0

Relationship Between Activity Patterns, Satisfaction, and Constraints

Overall, 84% of respondents were very or somewhat satisfied with the ways in which they spent their leisure time. However, not all respondents were equally satisfied with the way their leisure time was spent. Satisfaction was somewhat related to activity (Table 6). As participation in sports and fitness and outdoor activities and attendance at entertainment events increased, so did the level of satisfaction; time spent relaxing, watching television and reading declined. Thus, satisfaction appears to be be related to getting out and doing things.

Table 6. Participation in leisure activities by respondents according to the degree of satisfaction t hat they felt with the way in which they spent their leisure time.

	Hours/Week		Times/Week			Total		
	Relaxing	Shop Church	Movies/ Theatre	Sports& Fitness	Outdoor	Hours	Times	Total People
Very Satisfied	28.5	2.0	1.1	4.8	0.8	30.5	6.6	731
Somewhat Satisfied	28.4	1.8	0.8	4.2	0.7	30.1	5.7	958
Somewhat Dissatisfied	28.1	1.9	0.6	4.4	0.6	29.8	5.6	263
Very Dissatisfied	37.5	2.4	0.4	2.1	0.4	39.9	2.7	52
All People	28.6	1.9	0.9	4.4	0.7	30.5	5.9	2004

Most respondents were quite satisfied with the way they spend their leisure time. The highest and lowest levels of statisfaction were expressed by single people. However, for single people, time available and spent on leisure activities was not related to satisfaction with the ways in which leisure time was spent. Thus there is something other than time spent or types of activities performed that determines satisfaction.

	Total		Percent
	Hours	Times	Satisfied
Men - no children	31.3	5.9	87
Women - no children	33.7	6.4	84
Men - children	29.9	8.4	88
Women - children	29.6	7.0	72

People were asked what factors they felt constrained them in their pursuit of leisure activity. The constraints and the percent of respondents who felt constrained by each are shown below.

1. Lack of time and/or energy (66%).
2. Lack of companionship (31%).
3. Programs inconvenient to get to (29%).
4. There are not enough programs of interest (22%).
5. Facilities overcrowded/unavailable (31%).
6. Difficult to get information about programs of interest (22%).
7. Not enough activities for my age group (18%).
8. Not enough activities for my language or ethnic group (6%).
9. Costs too much to do things I like (49%).
10. Limited by health problems (17%).

Lack of time/energy and cost were the major constraints to the pursuit of leisure activity. People's perceptions about constraints to their pursuit of leisure activity were related to their satisfaction with the ways in which leisure time was spent. Fewer people who were very satisfied felt that they were constrained than did those who were less satisfied with the ways in which they spent leisure time. However, those who did not feel constrained by time and energy spent only 3 hours per week more at sedentary pursuits and participated in other activities 0.7 times per week more than those who felt constrained by lack of time and energy (Table 7). Other differences are unremarkable. A possible interpretation this is that respondents may have felt constrained from doing things they wanted to do, so they did something else.

People were asked if they (1) exercised, (2) went to movies/plays/concerts, (3) did hobbies, (4) watched TV, listened to radio, and (5) socialized as much as they liked, a little less than they liked or a lot less than they liked. Not surprisingly, there was a clear relationship between doing activities as often as a person wanted and satisfaction with the ways in which they spent their leisure time. However, differences in participation levels between those who did things as often as they liked and those who did not were not large (Table 8). In one case it was related to relative allocation of time; people who felt they exercised as often as they wanted did, in fact, exercise 1.3 times per week more often than those who felt that they did not exercise as often as they wanted but they also spent less time at sedentary leisure pursuits than those who did not exercise as much as they wanted. Similarly, those who did not watch television as much as they wanted spent 3 hours per week less in front of the television than those who watched television as much as they wanted (Table 8).

Table 7. Participation in leisure activities by respondents who felt that they were or were not constrained from their pursuit of leisure activities by each of the listed constraints.

	Hours/Week		Times/Week			Total		
	Relaxing	Shop Church	Movies/ Theatre	Sports& Fitness	Outdoor	Hours	Times	Total People
Time/Energy	27.7	1.8	0.8	4.2	0.7	29.5	5.7	1327
Not Constrained	30.5	2.0	0.9	4.8	0.8	32.4	6.4	686
Companionship	32.5	2.0	0.7	4.1	0.6	34.4	5.4	614
Not Constrained	26.8	1.9	0.9	4.5	0.8	28.6	6.2	1396
Inconvenient location	31.0	2.1	0.8	4.3	0.7	33.1	5.8	583
Not Constrained	27.6	1.8	0.9	4.4	0.7	29.4	6.0	1428
Programs of Interest	31.7	1.9	0.7	4.1	0.7	33.5	5.5	428
Not Constrained	27.8	1.9	0.9	4.5	0.7	29.6	6.1	1550
Facilities Overcrowded	29.9	2.0	0.9	4.8	0.9	31.9	6.5	607
Not Constrained	27.9	1.8	0.9	4.2	0.7	29.7	5.7	1349
No Information	30.3	1.9	0.8	4.2	0.8	32.2	5.7	434
Not Constrained	28.1	1.9	0.9	4.4	0.7	29.9	6.0	1570
No Activities for Age Group	31.3	2.1	0.7	3.9	0.8	33.4	5.5	369
Not Constrained	28.1	1.8	0.9	4.5	0.7	29.9	6.0	1617
Programs not in My Language	28.8	2.4	1.0	2.9	0.8	31.3	4.6	130
Not Constrained	28.6	1.8	0.9	4.5	0.7	30.4	6.0	1867
Too Expensive	29.4	1.9	0.8	4.3	0.6	31.2	5.7	974
Not Constrained	27.8	1.9	0.9	4.4	0.8	29.6	6.1	1034
Health Problem	35.3	2.1	0.6	3.4	0.7	37.4	4.7	339
Not Constrained	27.3	1.8	0.9	4.5	0.7	29.0	6.2	1675
All People	28.6	1.9	0.9	4.4	0.7	30.5	5.9	2017

Table 8. Participation in leisure activities by respondents who felt that they could or could not do each of the listed activities as often as they wanted.

Activity	Hours/Week		Times/Week			Total		Total People
	Relaxing	Shop Church	Movies/ Theatre	Sports& Fitness	Outdoor	Hours	Times	
Exercise Often	28.1	1.9	0.9	5.3	0.8	29.9	7.0	616
Less often than wanted	28.9	1.9	0.8	4.0	0.7	30.7	5.5	1382
Movies Often	28.4	1.7	1.0	4.2	0.7	30.1	5.9	665
Less often than wanted	28.8	2.0	0.8	4.5	0.7	30.7	6.0	1316
Hobbies Often	30.0	2.0	1.0	4.5	0.8	31.9	6.3	761
Less often than wanted	27.7	1.8	0.8	4.3	0.7	29.5	5.8	1236
TV Often	29.7	1.8	0.9	4.4	0.7	31.5	6.0	1399
Less often than wanted	26.2	2.0	0.9	4.4	0.7	28.1	5.8	600
Socialize Often	28.5	2.0	1.0	4.7	0.7	30.5	6.4	1012
Less often than wanted	28.7	1.8	0.7	4.1	0.7	30.5	5.5	997
All	28.6	1.9	0.9	4.4	0.7	30.5	5.9	2017